

## Nine tips to achieve a 9/10 on the energy scale

It's a struggle to get up when the alarm goes off. You desperately need a strong coffee before work, just to start the day. You would kill for the chance to have a little lie down after lunch. You get sugar cravings during the afternoon that rule your life. You think vaguely about going for a walk or exercising after work, but the couch wins when you get home. You fall asleep in front of the TV – way before the children have gone to bed.

Does any of this sound familiar?

You're probably thinking "Of course I'm tired. My work is hectic, I'm a busy Mum/wife and running a home. Anyone with a schedule like mine would be exhausted, and I just have to live with it." But you would really love more energy to enjoy your work or just enjoy life to the fullest.

There are some conditions/diseases which cause fatigue, and for these, medical advice should be sought. However there are a number of lifestyle factors that can impact on how energized you feel, and if you're prepared to change your lifestyle, you may significantly improve the quality of your life.

1. You should start with looking at your diet. **Eating breakfast** (ideally within 30 minutes of waking up) is critical to boost your metabolism and give you energy to burn.
2. Your breakfast should include **carbohydrates** for energy, and protein to maintain your energy over a longer period. In fact you should be eating carbohydrates with every meal – it's an energy food for your muscles and your brain.
3. **Don't skip meals** (no food, no energy).
4. **Don't overeat**. Digestion takes energy and if all your energy is going to the digestion of a big lunch, you won't be very alert for the afternoon.
5. The **nutritional value** of your food is another important factor. The body needs vitamins, minerals, essential fatty acids and a range of other micronutrients, to work efficiently. Even in our quality fresh produce (looks great, tastes fine), the nutritional quality is compromised by our depleted soils and long transport and storage times. Many people are now taking nutritional supplements to boost their energy levels, (in fact the food pyramid now includes supplements). To get optimal energy, you need to choose a supplement that not only provides all the micronutrients in balance, but one that is maximally absorbed.
6. **Drink plenty of water** – a dehydrated body doesn't work efficiently.
7. Be **cautious with caffeinated drinks** (coffee, Red Bull etc). One or 2 coffees will give you extra energy, but more than that may cause anxiety, irritability, and impaired performance.

8. Ironically, a sedentary lifestyle can cause fatigue. **Exercise** oxygenates the blood and increases your energy level, in addition to all the other health benefits it offers. Ideally work 30 minutes of exercise into your day (even in 10 minute blocks), but if you have an office job and are sitting down all day, getting up and walking around every hour (especially in the fresh air) will make a difference to your alertness.
9. And let's not forget the obvious – **get enough quality sleep**. This may require you to re-arrange your priorities (don't do the ironing at 11.00 at night), and maybe learn some relaxation techniques.

Rhonwen Gibbs is a self-employed Personal Wellness Coach. She has 10 years' experience showing people how to realise the full potential of their lives – whether that means enjoying amazing energy, losing weight or alleviating chronic health challenges, all through premium nutrition from Herbalife. To grab your special free offers of a Personal Wellness Evaluation (including a body analysis, metabolism test and diet and lifestyle review) and your monthly online healthy living newsletter, contact Rhonwen on 0406 403 700 or via email at [lifeforliving2003@yahoo.com](mailto:lifeforliving2003@yahoo.com). Follow Rhonwen on <http://www.facebook.com/#!/wellness.solutions.perth>