



6 Areas to Boost Energy Without Using Drugs

01

Mindset

... is the most important pillar of all. Think of someone who you believe has it all. Consider there is no difference between them and you. The only difference is how they view their life. Life can be viewed as amazing as well as hard. By being a certain way can influence your situation and ultimately your life.

02

Breathing

We can live many days without eating and drinking but only a few minutes without breathing. The act of breathing is involuntary, however the manner and conditions for a healthy, optimally functioning respiratory system falls to making a conscious choice.

We breathe over 20,000 times a day. If our breathing is optimal it will contribute towards our wellbeing; ultimately leading to problems in our digestive systems, detoxification systems, organ health, posture and sympathetic nervous system which will lead to an increased stress response with every breath.

03

Hydration

A very important component of health! Water serves two basic functions: hydration and cleansing but it is also necessary for many of the bodily chemical reactions. Therefore it is crucial to keep yourself well hydrated with good quality clean water. You should drink $\frac{1}{2}$ your body weight (pounds) in ounces daily (e.g. 132 pounds/2 = 66 ounces = 3 pints 6 ounces) or your bodyweight in kilos multiplied by 0.333 (e.g. 60 kgs x 0.333 = 1.98 litres)

We live in a toxic world and unfortunately most municipal water supplies are of lower than optimum quality. Filtering your tap water is a better option than not. You can also utilize mineral water, although you have to consider the high use and waste of the plastic bottles, as chemicals from the bottles, as chemicals from the bottles can affect you and the environment negatively. A full house filter system or filters on your main tap are also options. Whatever you choose make sure you choose pure, clean water.



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04

Nutrition

You are what you eat – literally. You “turn over” millions of cells everyday and they need nutrients to replace them. Each individual is as unique in regards to their internal nutritional requirements as they are unique as the outside of their bodies. Metabolic Typing helps decipher the food, which will provide the correct support on individual needs to create optimal balance in their body systems. If balance is not found it dramatically affects your energy levels and biochemical reality, which can then lead to effects on our mental and emotional states.

Food quality is also an important consideration. Aim to avoid processed foods and fast foods. Eat whole foods which have a high nutrient quality and quantity, look for organic, free range animals foods, pesticide and fertilizer free organic produce and you will considerably lower the toxin input that your poor overworked liver has to deal with on a daily basis. This will reduce your overall load while delivering quality nutrients to your cells, which supply you with the energy, mental function, health and wellbeing. You have the choice ... you are what you eat!

05

Movement

Regular Movement is a critical component of health and wellbeing. It provides mobility and motility to the internal organs therefore helping with digestion. For example, movement keeps joints and muscles healthy which aids circulation and the detoxification function. The right amount and level of exercise is individual and many aspects need to be considered, particularly a person’s overall physiological load, or in others, how stressed their system is. Many things produce a stress load in person; lack of nutrition, limbic emotional stress, toxins and exercise. Exercise at an inappropriate level for the individual can add more load/stress into their system.

06

Sleep/Circadian Rhythm

Every living thing sleeps! It is vital for health and wellbeing and for optimal health we need to get enough sleep regularly. On average we used to sleep 8-9 hours a night (1900’s), nowadays we average 6 hours a night. So over a year we are losing 730 hours of rest and recovery, which will affect us physically and psychologically. When you sleep your body repairs, your tissues recover from the day’s tasks and download information. So it is a busy time for your body and you need to get full nights’ sleep in order to function optimally the next day.

Fill These Cups Daily & Feel Your Energy Boost!

