

5 Easy Steps for Busy People to Increase Energy and Feel Amazing!

Simple tips you can start today!

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Hi, I'm Lisa. I know that juggling family, work, and personal time can leave you feeling drained. But don't worry—boosting your energy doesn't have to be complicated.

Here are five simple, actionable tips to help you feel more energised throughout your day!



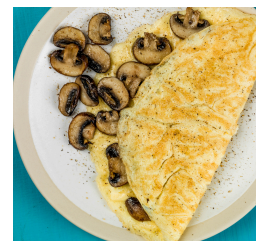
Tip 1: Start Your Day with a Power Breakfast

Do you usually feel hungry within a couple of hours of eating breakfast? A nutritious breakfast sets the tone for your day. Aim for a balance of protein, healthy fats, and complex carbohydrates to keep you going until lunchtime without the mid morning energy dip.

Here's some quick breakfast ideas to provide you with sustained energy until lunch time.

1. Two egg omelette with vegetables.

Frozen sliced mushrooms are easy as the chopping is already done for you! Chopped cherry tomatoes or spinach also work well.



2. Greek yoghurt or jumbo porridge oats topped with nuts, seeds and berries.

Try walnuts, cashews, hazelnuts and almonds, or pumpkin and sunflower seeds. I like to think of nuts and seeds as nature's multivitamins! As they are packed with a wide range of vitamins and minerals essential for health and wellbeing.



3. Overnight oats. As above with nuts, seeds and berries.

The big advantage of overnight oats is that you can prepare them the night before, or make a few jars to last the whole week. Then you've got a tasty, filling breakfast straight from the fridge with no morning preparation time needed at all! Perfect when you need to run out of the door quickly in the morning!

Tip 2: Stay Hydrated

Dehydration can lead to fatigue. Keep a water bottle handy and aim to drink at least 2 litres a day. Herbal teas or infused water with fruits can make hydration more enjoyable!

Tip 3: Snack Smart

If you need a snack, instead of reaching for sugary snacks, choose energy-boosting options. The following snacks will keep your blood sugar stable and energy levels high.

1. 30g or a small handful of nuts. Try brazil nuts, walnuts, cashews, pistachios, hazelnuts and almonds.

2. Plain Greek yoghurt with tablespoon of flaxseed and a few berries.

3. Sliced peppers, cucumber or carrots with hummus.

4. One boiled egg also makes a great high protein and filling snack!



Tip 4: Move Your Body

Incorporating short bursts of activity can enhance your energy. Whether it's a quick walk during lunch or a 10-minute dance party in your living room, moving your body releases endorphins that uplift your mood and vitality.

Tip 5: Prioritise Sleep

You might be thinking this is easier said than done. We all know quality sleep is essential for energy but many people find it difficult to get adequate amount of zzzz's due to a variety of reasons.

Turning your phone off an hour before bed is one actionable step you can do today. Blue light from screens affects melatonin production, an important hormone involved in the sleep-wake cycle.

I have supported both men and women in improving their sleep by looking at the contributing factors affecting it. Please contact me if you would like more personalised sleep advice.

You can start to regain your energy today!

Feeling energised is within reach, even for the busiest people! Implement these tips into your daily routine and watch your energy levels soar.

For more personalised guidance, feel free to [book a free 15 minute telephone consultation](#) with me to discuss how we can work together to help you feel amazing!

Connect with me...

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