

# How to get a surge of extra energy tomorrow.

## But what is energy?

According to physicists, it's the capacity for action or accomplishment.

When you are charged with energy at the office you knock off that "to-do" list in a fraction of the time.

Bit if you have trouble finding enough energy to get the job done, if you feel like your brain is in a fog, or if you feel like you just don't have the "pep" you used to, then here's where you can get "body lifts" that will boost your energy.

Besides altering your diet, exercise is a tried-and-true way to boost energy and mood. Even a 15 min walk can be energising and the benefits increase with more frequent physical activity. Studies indicate that regular exercise can relieve depression and trigger physiological changes that make more energy available during the day.

**Yet, there is another way to get a surge of extra energy tomorrow that you probably already "know" about, but you are most likely neglecting. . . .**

## Get more sleep!



Because the lack of sleep is an energy buster. But keep reading - there's more to it than you may realize:

According to experts, most adults need 7 to 8 hours of sleep a night. But what does "need" mean? Consider this:

Did you know 17 hours of sustained wakefulness leads to a decrease in performance, equivalent to a blood alcohol-level of 0.05%? That's the legal blood alcohol limit for driving in many countries.

So, only getting 5 hours of sleep a night (as many of us do far too often) is like being drunk. And if you don't take a cat nap, chances are, you're at 0.05 before you hit the sack.

More sleep could even save your life? The extra-hour of sleep received when clocks are put back at the start of daylight in Canada has been found to coincide with a dramatic fall in the number of road accidents.

## Are you beginning to see how serious this is?

Obviously, getting more sleep adds up to more energy. (Your parents were right.) Just by getting a healthy 7 or 8 hours of sleep tonight will allow you to experience a radical shift in your productivity tomorrow.

Here are some other ways to "lift" your energy levels tomorrow morning after you get a full night sleep tonight:

1. Spring out of bed quickly (lying around will keep you tired all day)
2. Drink at least 1 large glass of water immediately and stay hydrated (dehydration causes fatigue)
3. Eat a high protein meal (breakfast). The amino acids in protein will help your brain create neurotransmitters to boost your brain power.
4. Try a 10 min power nap. Power naps are great – you'll be a lot less stressed and you'll be nourishing your body with the vital element of sleep.

**Nourish your body with sleep.** Most people are tired in the afternoon and this relates to blood sugar levels. In addition to causing junk food cravings, low blood sugar can also cause exhaustion. Also the later you stay up at night, the more likely you will start to eating out of exhaustion.

While you are asleep, every system in your body is being finely tuned, re-set, cleaned up and restored to its optimal operating model – learning is being processed, memories are being stored and the immune system is building cells.

Sleep is an active state that affects both your physical and mental well-being – coping with stress, solving problems or recovering from illness.

**Starting tomorrow, with more energy,** you will tackle more each day ... and get more enjoyment after the work day is done.

These may sound like small changes, but the effects they can have on your life are enormous.

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To learn more and to discover how to skyrocket your motivation and help you form healthy habits that will last a lifetime contact Vicki Turner, Life & Business Coach.

Vicki is a Coach who loves seeing her clients move forward to gain a new sense of control over issues. Vicki says, 'People come to me for many reasons including clarity about life decisions, career and business issues and dealing with change.'



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