



HOW TO TAKE ACTION IN 5 SIMPLE STEPS

A GUIDE TO MORE ENERGY

"The key to more energy is more movement"

It might sound funny, that you need to move in order to get more energy. But science has proved it over and over again.

There are no secrets, exercise or movements that increase heart rate and blood flow releases endorphins and raises your energy levels.

In addition, good cardiovascular as well as weight training exercises will strengthen your heart, your muscles and give you more stamina.

So you have it! The key to more energy is more movement!

1. ORGANIZING YOUR TIME

2. WHAT'S FOR DINNER?

3. SELF CARE

4. SLEEP HYGIENE & HYDRATION

5. BALANCE



Essentially, **our bodies are machines that require the right fuel to function**, especially if we are active. Therefore, we aim to benefit from the best nutrients to fuel our energy levels!

Let's address our relationship with carbs immediately; **we shouldn't exclude any food groups!** *Just as we choose our friends wisely, we should also be selective of our carb choices.* Protein holds an excellent reputation when it comes down to fitness. It's **essential to have protein in (almost) every meal**, and let's not forget about the importance of fats! **Fats are crucial for muscle-building and nutrient absorption.** **Fruits and veggies are incredibly nourishing**, packed with vitamins, minerals, and the added benefit of keeping us hydrated. They're like an *unlimited line of credit for our health.*

I've prepared this guide along with weekly charts to help you take action. It will emphasize important points, reinforce what you already know, allow you to write down essential reminders and **get you ready to start this journey!**



1. ORGANIZING YOUR TIME

WHAT'S YOUR PLAN?

Movement is crucial for a healthy body and mind!

The first step is to create a plan; without setting aside time for it, it simply won't happen. So, what's your plan?

Begin by answering these questions:

- What is your movement goal (frequency per week)?
- Realistically, how much time can you dedicate to exercising? Circle an ideal time for you: 30 min / 45 min / 60 min
- Are your workouts well-balanced between cardio, weight training and lower intensity movements?

For example: 4 workouts a week consisting of 2 x 30 minutes of weight training sessions, 1x 30-minute high intensity cardio session, 1x 45 minutes walk with stretches.

Most importantly, ask yourself:

- Why are you doing this? (increased energy, improved mood, better mental health, more toned physique?)
- What are your fitness goals?

WHY:

WHAT:



2. WHAT'S FOR DINNER

Nothing occupies a mom's mind more than the eternal question of "what's for dinner (again?!)"! But fear not, remember we promised to have a plan and stay organized, right? Let's work on our menu together and take it from there.

My approach is to **base meals around the protein I want to serve**, such as chicken, red meat, fish, cheese, eggs or tofu. Then, I **complement it with a grain and greens for a well-rounded meal**.

Here's a weekly dinner plan to get you started:

- **Monday:** Chicken + rice + green beans
- **Tuesday:** Salmon + roasted sweet and white potatoes + avocado salad
- **Wednesday:** BBQ burgers with portobello buns or regular buns + a big green salad (ex: Arugula, shredded cabbage and fennels with pomegranate)
- **Thursday:** Homemade pizza or pasta with a green salad and cut up vegetables for kids (peppers, carrot, cucumber)
- **Friday:** My Friday night meals revolve around Shabbat ideas! Sometimes fish, sometimes red meat and occasionally we are invited!
- , and occasionally we're invited elsewhere!
- **Saturday:** Leftovers or anything the kids want! They often choose breakfast for dinner (a Greek yogurt bowl with granola and fruits or cereals with milk)
- **Sunday:** We order in or have leftovers



By getting groceries done in one go, you can avoid running to the store every day and have meals prepared in less than 30 minutes. The rest is easy-peasy (except for getting them to actually eat the meal, if you know what I mean).

Speaking of breakfast, **I have an awesome E-book full of ideas for that, as well as for lunches.**

With a plan in place, you'll breeze through the week, knowing what's on the menu and that your family is well-fed and satisfied.

3. SELF CARE

What does “YOU time” look like?

- Personally, I prioritize my biweekly nail appointments. I feel great when my nails are done and it's one essential aspect of “**physical self-care**” that I make sure to incorporate into my agenda.
- **Evening walks** with the girls have also been beneficial for me. Not only do I get more steps in, but I also enjoy better sleep, fresh air, and quality time to catch up with my friends!
- **Reading** is another major plus in my life. If I can get 20-30 minutes of uninterrupted reading time, It makes me HAPPY! Not only is it good for my mind, but it also provides a sense of relaxation.

These moments are essential for your overall well-being. Take the time to do what makes you feel good and happy.



4. SLEEP HYGIENE & HYDRATION

Let's start with hydration!

I'm always on the move, so I get **T H I R S T Y**. I know that if I don't drink my minimum 1.5L daily, I'll end up feeling fatigued, dehydrated, and the dreaded headaches will kick in.

So, sticking to the basics, I make sure to carry around a water bottle everywhere I go. *Bonus points if it's cute! :)*

Remember, **the more you move, the more water you need**- it's just basic math. **Coffee doesn't count as hydration** and please, don't give me the excuse of not drinking water because you don't want to pee too often.

If you want results, you need to give your body what it needs.

Bonus: drinking enough water also helps to increase your metabolism. (isn't that a magical sentence?!)

**LET'S SET THAT DAILY WATER
INTAKE GOAL:**

____L / DAY.



Let's explore sleep:

Obtaining healthy sleep is important for both our mind and body, as it impacts our productivity and overall quality of life.

Here are a few tips to improve our sleep routine:

- **Keep Your Routine Consistent.** What does your bedtime routine look like?
- **Dedicate 30 minutes to unwind:** indulge in activities that bring you peace and joy such as reading a book, engaging in a conversation or looking at pictures
- **Avoid screens 30-60 minutes before bed.** Breaking this habit might be challenging but the rewards are worth it, your sleep quality will greatly increase
- Give **relaxation methods** such as meditation and breathing a try

Aim for a minimum of 6-7 hours of sleep a night

5. BALANCE

Don't take on more than you can handle!

This one may be hard for the super moms, or those that live with constant guilt. How can we think of saying no? One more task won't hurt, right?!

Let's focus on what truly matters to you.

What are your top priorities? What can you delegate or let go of?

Start by cutting down on the things that matter less! Consider setting them aside entirely, at least for now. Or until they suddenly matter.



Now let's explore the things that matter to you most.

I've prepared a chart to help you list your priorities and narrow it down. If you find this challenging, talking about it with your partner or someone you trust can help you find more clarity. And remember, I am here to support you so feel free to ask me for more tips.

I came across this anecdote online that I want to share with you as I really enjoyed it and I hope you do too.

Legendary investor Warren Buffett once asked his pilot Flint, to list 25 goals he had in life. He then asked him to circle the 5 most important ones, before asking him, "So Flint, what should you do with the rest of the 20?"

He replied, "Well the top five are my main focus but the rest seem important too. I'll work on those intermittently as I see fit while getting through my top 5. They are not as urgent but I still plan to give them dedicated effort."

Buffett proceeded to sternly rebuke Flint and told him that the rest of the 20 were "avoid at all-cost" goals.

The things that we label "important but not the most important" should not deserve our sacred time at all!

*It is time to resist that temptation. **By saying "yes" to the things that don't matter, you are missing out on the time you could have spent on the things that do.***



Print and fill out the charts below. This exercise alone will give you clarity you need to start on the right foot and hopefully have more energy!

Exercise goals (Energy, strength, weight loss or gain...)	Week Days	Intensity of exercise (high, moderate, low)	Duration (30,45, 60 min)	Type of work out (cardio, pilates, weight training, walk etc)	Rest days
	Sunday				
	Monday				
	Tuesday				
	Wednesday				
	Thursday				
	Friday				
	Saturday				

Menu	Meal	Groceries
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Sleep & Hydration	Sleep hours	Hydration (L)	Comments on sleep	Comments on hydration
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

