

“It takes as much energy to wish as it does to plan.”

- ***Eleanor Roosevelt***

The dog days of summer are finally upon us. But there are some for whom warmer weather brings about lethargy rather than energy. I’m not one of those people. I get much of my energy from the sun and the warmth, which is why I struggle with winter. We need to remind ourselves that energy is right at our fingertips. Knowing how to unleash it is the key. Having spent the weekend hiking in the mountains and laying by the pool, I was able to soak up peace from nature as well as the energy from the sun. It inspired me to write about how we can all harness that energy that lies within us. Read on to learn how, but if you need some help, I’m just a phone call or email away.

Yours in health,



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How to Harness Your Inner Energy



I’m the first to admit that I need a good strong cup of coffee to get me going in the morning. But sometimes, I think it’s more mental than physical. Nothing beats the smell of coffee brewing. But the reality is, none of us really need a caffeine pick-me-up to get the juices flowing. So before you reach for that triple espresso, here are some other ways to boost your energy that will last longer than a cup of joe.

Exercise – I do it first thing in the morning. We all know it’s good for us and we all probably wish we did it more. But you may be wondering: “How on earth can I exercise if I’m tired?” Doing some form of physical activity on a regular basis doesn’t zap your energy. What it does is stimulate the cells in your body to produce MORE energy. So be sure to schedule it. If you think you don’t have time, look at your calendar and block off at least 30 minutes to do something that makes you move. I can assure you, you’ll feel more refreshed and energized when you’re done.

Eat Healthy Fats – We really need to get over our fear of fat because there are many good ones out there. The healthy fats that we find in nuts, olive oil, coconut oil, fish (especially salmon, which is loaded with healthy fat) and avocado are great sources of energy and are super important to our central nervous system. They also help with the production of hormones, the health of our skin, eyes and immune and central nervous systems. But choose wisely. Pepperoni pizza does not fit into the healthy-fat category.

Find Some Light – Being in the light, especially sunlight, decreases the production of melatonin (which we need to sleep well) and wakes up your body. The other positive effect of sunlight is that it provides your body with a very important nutrient: Vitamin D. A lack of this vitamin can trigger fatigue, muscle weakness, pain and irritability. I consider this vitamin a “multi-tasker” because it’s critical for the immune system, bone, skin and muscle health. There are some studies that indicate it may protect us against certain cancers (breast and colon) and that it can help with type-2 diabetes as well as multiple sclerosis. If you must supplement, be sure to take D3. Keep in mind that sunscreen prohibits our bodies from absorbing Vitamin D, so be sure to grab at least 10 minutes of rays before protecting yourself. However, choose your sunscreen wisely. Many contain toxic chemicals that do more harm than good.

Be Sure to Sleep – We all have too much to do and our sleep suffers as a result. This ultimately leaves us feeling stressed and tired. Too little sleep can increase our risk of heart disease and diabetes. So be sure to get enough sleep every night. A couple suggestions to help are to go to bed about the same time every night...even on weekends, keep your bedroom cool and dark (I sleep with an eye mask), don’t drink caffeine after about noon and don’t eat a huge dinner.

Take Magnesium – This mineral helps with energy metabolism, protein synthezation and muscle and nerve function. Most of us don’t consume enough, but good sources are nuts (especially Brazil nuts), spinach, halibut, beans and barley. I’m a nut eater, but also supplement with 400 milligrams daily.

Get a Massage – Research shows that a massage can help you relax, reduce muscle soreness and pain and decrease anxiety, all of which can sap energy levels. I get a massage monthly and it has worked wonders for me. Not only do I leave my massage feeling relaxed and much less stressed, but I’m also energized.

Stop Hitting the Snooze Button – What little sleep you get after pressing that button doesn’t really help. Instead, set your alarm for the time you REALLY need to get up, and you’ll wake up with more energy from the **uninterrupted** sleep.

Play Some Upbeat Music – Different music inspires each of us. Find something that inspires you and play it every morning when you get up or on the way to work. A couple of my favorites are “Eye of the Tiger” by Survivor, “Footloose” by Kenny Loggins and “I’m So Excited” by The Pointer Sisters. Old school I know, but those are a few songs that really get me going.

Spend Time Helping Others – Admit it. We’re all pretty self-absorbed. Take some time and do something for someone else and you’ll be amazed by how energized you feel. I give blood on a pretty regular basis. It’s just a little thing, but knowing that I potentially saved someone’s life, gives me more energy than a cup of coffee ever could.

Being tired and having a lack of energy seem to be epidemics, and caffeine isn’t the only cure. Try a few of the suggestions above and let me know if they help. Have a wonderful month.w if they help. Have a wonderful month.