



5 Steps to Boost Your Energy

Outcomes:

Increased energy levels and reduced sluggishness



Chew Mindfully

Take time to eat slowly and chew each bite thoroughly.



Hydrate Smartly

Drink water with a pinch of sea salt and lemon.



Prioritize Sleep

Create a calming evening routine for deeper rest.



Move Daily

Incorporate 20 minutes of light movement, like yoga or a walk.



Fuel with Nutrients

Add one nutrient-rich snack like fruit and nuts.



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