




EMPOWERED HQ
COACHING.MINDSET.LIFESTYLE.

WIN BACK YOUR ENERGY.



INTRODUCTION TO ENERGY.

How different would your life be, if you had access to unlimited energy?



In our fast-paced world, it's easy to feel drained. Long workdays, endless tasks, and constant stress can zap our energy, leaving us exhausted by the time we get home. But what if you could regain that vitality without completely sacrificing your life in the process? What if you had access to simple, effective strategies to refresh your body, mind, and spirit?? This guide will introduce you to five proven tips that can help you recharge quickly, improve your energy levels, and feel more vibrant. By investing just a few minutes each day, you'll be on your way to feeling more energized, focused, and ready to take on whatever life throws at you.

Let's get started!

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THE POWER OF HYDRATION

It may sound simple, but hydration is the foundation of energy. Our bodies are made up of about 60% water, and staying hydrated helps maintain essential functions like digestion, circulation, and temperature regulation—all of which are critical for keeping your energy up.

🎯 HOW TO BOOST YOUR HYDRATION:

- Start your morning with a glass of water to jumpstart your metabolism.
- Carry a reusable water bottle with you throughout the day to remind yourself to drink.
- Add a pinch of Celtic sea salt to your first glass of water to replenish electrolytes.
- Optimal water intake for one person sits at around 45ml per Kilogram of bodyweight. Meaning a 50kg person x 45ml should drink 2.25L per day.
- SIDE NOTE: This does not include water lost through sweat - If you are a high activity person, consider drinking more to cater for the lost water.

**The secret of your future
is hidden in your daily
habits.**



ENERGY THROUGH MOVEMENT

The idea that exercise requires energy can feel counterintuitive when you're already drained. However, even just a short burst of movement can boost circulation, enhance oxygen flow to your muscles, and improve mood.

🎯 WHY IT WORKS:

Physical movement increases blood flow, releases endorphins (the body's natural mood boosters), and provides an energy spike by improving oxygen delivery throughout the body. Even a little movement is better than no movement at all.

🎯 ACTION STEP:

Incorporating more movement can be as simple as finding time to go for a walk with a podcast, or as fun as a group training session! You don't need to train like a bonafide athlete to get the benefits.

Examples include, but are not limited to:

- Walking outdoors/walking the dog!
- Going to the gym and lifting weights!
- Riding your bike!
- Doing a H.I.I.T Class!
- Going for a swim at the beach!
- Kicking the footy!

The central goal is to find time for prioritised movement for at least 20mins per day!

A black and white photograph of a gym floor. In the foreground, a dumbbell with a textured handle and black weights is lying on the floor. To the right, a white water bottle is partially visible. The background is a dark, textured surface, possibly a mat or a wall.

**The best movement
you can do, is the
one you enjoy most!**

NUTRITION HACKS FOR SUSTAINED ENERGY

What you put into your body directly impacts how you feel. Processed foods and high-sugar snacks can cause energy crashes. Instead, opt for nutrient-dense foods that provide slow-burning fuel. These include whole foods, healthy fats, and protein-rich snacks. Eating foods with a low glycemic index can also keep your blood sugar levels stable, helping you avoid mid-day slumps.

🎯 EXAMPLES OF PROTEIN TO ADD TO YOUR PLAN:

- Beef (Lean)
- Chicken Breast
- Greek Yoghurt
- Salmon/Fish
- Lentils (V)
- Cottage Cheese

🎯 EXAMPLES OF CARBS TO ADD:

- Sweet potato
- Apples
- Banana's
- Oranges/ Orange Juice
- Basmati Rice (Low GI)
- Honey
- Blueberries
- Broccolini
- Carrot
- Lettuce/Spinach
- Whole grains

🎯 EXAMPLES OF FATS TO ADD:

- Avocado
- Fish
- Olive Oil
- Ghee
- Chia Seeds

Turn your food into medicine and you won't need medicine anymore.



MINDFUL BREATHING AND MEDITATION

Stress is one of the biggest energy drains, both mentally and physically. Mindful breathing and meditation are powerful tools to help reduce stress and restore your energy. When you take a few moments to slow down and focus on your breath, you activate the parasympathetic nervous system (the body's relaxation response), which helps you feel calm and recharged.

🎯 WHY IT WORKS:

Breathwork can lower cortisol (the stress hormone) and increase the oxygen in your blood, which directly affects your energy levels. Meditation clears mental clutter, improves focus, and helps your body recover from stress.

🎯 ACTION STEP:

Set aside just 3-5 minutes at least once a day to practice mindful breathing.

Inhale deeply through your nose for a count of 4, hold for 4, exhale through your mouth for 4, and repeat.

You can also try a quick guided meditation using a free app like Headspace or Calm, or even find guided meditations on Youtube or Spotify!

Conscious breathing is the best antidote to stress, anxiety and depression.



RESTORATIVE BREAKS AND SLEEP HYGIENE

Finally, one of the most critical elements of maintaining high energy levels is getting quality rest. Many of us think of sleep as a luxury, but it's a necessity for sustained energy and focus.

🎯 WHY IT WORKS:

Sleep is the ultimate restorative process, and consistent, quality sleep has been shown to increase productivity, focus, and energy levels. Taking breaks throughout the day ensures you don't overextend yourself, giving you regular intervals to recharge.

🎯 ACTION STEP

Establish a bedtime routine that helps you wind down. And aim for 7-9 hours of quality sleep each night.

Ways you can improve quality of sleep include:

- Removing blue light 30-45mins prior to sleep - Including phone screens/TV's/LED Lights, etc. Swapping these out for warmer lights instead.
- Have a "Slow down" Routine - Listening to Rock/Pop/Dubstep often won't allow the body to slow down, while frequencies or slow, quiet music could. Instead of scrolling, consider reading.
- Incorporate Magnesium into your diet via Supplements or other foods.
- Increase Air circulation in your room.





BOOK YOUR FREE LIFESTYLE CONSULT

Ready to revitalize your energy and improve your lifestyle? Take the first step toward lasting change today by booking a FREE Lifestyle Assessment. In just 45 minutes, we'll review your habits, discuss your energy challenges, and create a personalised plan that works for your unique needs.

Don't wait—your energy is waiting to be unlocked!

Click “Book your Free Lifestyle Consult” !

owner@empoweredhq.au

0452 038 570

