

Maximum Energy For Abundant Productivity

Do you have health issues that are keeping you from reaching your full potential? What do you want to be able to do now that you aren't able to for lack of energy? **To get more ENERGY we must adjust our lifestyle.** My belief, along with other health experts, is that all disease and lack of energy, is due to **a nutritional deficiency or toxicity.**

If we give the body what it needs it can heal itself. Do you **want more energy?** Then cleanse your body of toxins and fill it up with the nutrients it needs.

There are 5 keys to get energized for living. These are attitude, sleep, water, exercise, and diet. When we keep a positive attitude, get at least 7 hours of sleep a night, drink ½ our body weight in ounces of water a day, do both aerobic and weight bearing exercise, remove refined man made foods, and replace them with natural foods then our body will have the tools to care for itself.

Begin making small changes. Picture how you want to look and feel a year from now. Pick one thing you can do today from the list below. Once that becomes a habit, add something else. You will be delighted with the results and others will notice too.

- Catch yourself in a negative thought and find a positive way to look at the situation. Stop and be grateful everyday for even the little things.
- If you are not getting at least 7 hours of sleep, begin changing your evening routine so you can go to bed 15 minutes earlier and work on getting a good night's sleep. Research shows we actually are far more productive with a full night's sleep than when we stay up trying to finish projects.
- Drink more water by having a glass when you first get up in the morning. Start adding a cup more each week till you are drinking 8 cups a day.
- Get out and move – walk at lunch or after work. Get a co-worker to take an exercise class with you. Do exercises right in your chair moving your arms, lifting your knees, etc.
- Begin adding in more fruit and vegetables to your diet, cut out the white bread, pasta, sugar, and salt. For more ideas visit www.nancyparlette.com.

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