

# 3 Ways to Double Your Energy Today

Enjoy these no-cost steps that you can use **NOW** to generate more energy in your body!

You know that feeling of waking up after a full night's sleep soooo very tired and sluggish that the THOUGHT of getting out of bed makes you want to spend all day in your cozy nest & watch episode after episode of your latest Netflix binge?

ME TOO!

I used to struggle with my energy too, just like you. It seemed like an never-ending battle with the alarm clock.

But, after deciding I was fed up with it I began to research, educate myself and experiment. After some trial & error, I discovered a simple system to double my energy. I even gave it a name... the Total Energy Transformation.

Here are three simple steps from that system so that you can start doubling your energy--- easily... TODAY... FOR FREE!



First things first, we need to start with breaking your day into bite-sized chunks and spread your energy-boosting activities like this:

- Easy Energy Booster (EEB) #1: As soon as your wake up
- EEB #2: After lunch
- EEB #3: At the end of your work day

Now, let's dive deeper into each energy boosting activity to help you **ACHIEVE YOUR OWN TOTAL ENERGY TRANSFORMATION!**



# EEB #1: AS SOON AS YOU WAKE UP

## Toss it back, sister.... CHEERS!

Sometimes life gets crazy, yes? Sometimes that craziness effects our sleep.

It's hard to wake up refreshed, calm and energetic when sleep doesn't go well for you. Maybe it was one of your kids keeping you up all night, a bad dream, annoying light shining in the window, or your neighbor's crazy dog barking.

No matter what it was like, here's an easy way to jump start your energy and reset your system first thing in the morning.

### Toss it back.

Here's what I mean:

- Before going to bed, set a full 20-ounce water bottle next to your bathroom sink
- After you wake up, brush your teeth right away and then TOSS BACK the whole bottle! Yes... all of it!

Super simple, right?

### Why is drinking water an effective way to jump start your energy?

### HYDRATION!

Water hydrates the entire system, which is vital for your cell, tissues and organ regeneration. By keeping your blood at the right consistency, it helps deliver oxygen to your muscles, which immediately boosts your body's energy.

### HEALTHY BOWEL MOVEMENT!

Drinking enough water helps keep the enzymes and bacteria in your digestive tract running smoothly and this helps get your bowels moving.



# EEB #2: DO THIS AFTER LUNCH

**Get fresh!**

Many of us spend our entire day inside an office with air conditioning or heaters that drain our energy & zap the energy right out of us.

Even if you are not one of these people and you do spend time outdoors daily, the trick here is to clear your mind, focus your breath and be present with nature.

Leave your phone inside, leave your To-Do list at home and walk out your office building or house with the intention to clear your mind and absorb clean, fresh, green energy.

Walk around the block and find a part to walk through or a street lined with trees. Ideally, this fresh air would be paired with sunshine, but rain works too. Be wholeheartedly IN the natural elements stress-free for ten minutes!

If leaving the office is out of the question, find an open window to be by and breathe in the outside air. Or find a live plant potted in soil and sit near it, breathing and slowing down for ten minutes, in silence.

Your colleagues may think you've lost it a little, but let them know you're actually doing them a huge favor by recharging your energy & giving your mood a boost!

**Try it for 10 minutes TODAY and I bet you will feel energized, refreshed and recharged!**

Don't believe me? Ever heard of Forest Bathing or "Shinrin-Yoku" in Japanese?

It literally means quiet walking among the trees and refers to the boost of energy that we as humans receive from the trees in the form of phytoncides (wood essential oils) which induce relaxation and therefore provide an energy boost.



## EEB #3: DO THIS AT THE END OF YOUR WORKDAY

### Dancy party!



This one is really fun and designed to give you that oomph to make it through the night after a long day's work. Ready?

**Think** of your favorite song or any kind of music that makes you want to get up and move.

**Then** download it to your phone or computer. Tip: create a playlist of a few of your favorite songs that you can easily reach for.

**Find** some private space either in your car on the way home from work or the laundry room while the kids are doing homework.

**Plug** your earphones in and shake it! Dance it out to your favorite song. Alternative: sing your favorite song at the top of your lungs in the car on your way home.

The trick here is really give yourself permission to LET GO.

You know the saying "Dance like nobody's watching?"

Do it! Feel the RUSH of energy surge your feel through your body.

Soon you'll be happily doing those chores that felt just like that... a chore. You'll be moving with a renewed vigor making putting the dishes or laundry away seem less bothersome.

## RECAP!

These 3 EASY WAYS to double your energy today are taken straight from my health coaching program—The Total Body & Mind Transformation.

**They are fast, simple, no-cost and you can start them TODAY!**

### EEB #1:

Do it as soon as you wake up.  
"TOSS IT BACK"—HYDRATING THE EASY WAY

### EEB #2:

Do it after lunch.  
"GET FRESH"—GETTING FRESH AIR

### EEB #3:

Do it at the end of your work day  
"DANCE PARTY"—ENERGY BOOSTING BODY BOOGIE

## Ready to learn more about easy way to double your energy?

I've helped people like your transform their energy levels, so they can:

- Get more done in less time
- Experience more energy and enjoyment of food, their bodies and their lives
- Feel and look great so then can feel a profound satisfaction that spills into all the areas of their lives.

Would you like to experience these results too?

Truth is that doubling your energy is KEY to experience the best healthy, body best body and your best life.

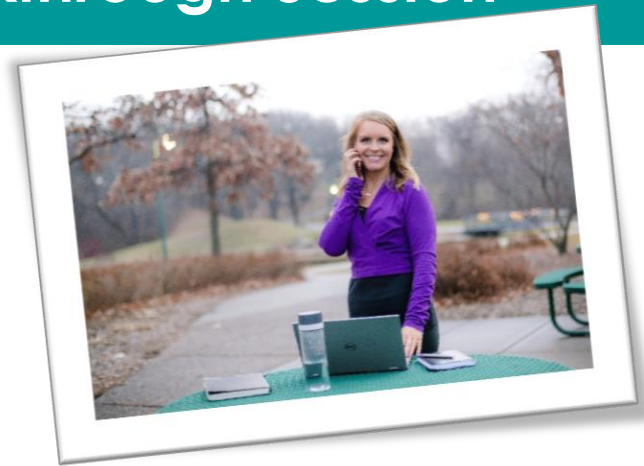
I can help you achieve that, even if nothing else you've tried has worked.

That's why I'm excited to [invite](#) you to a 1:1 **Double Your Energy Breakthrough session** with ME!

## Double Your Energy Breakthrough Session

**In this complimentary 60-minute session, I'm going to lead you through a process to help you:**

- Uncover what's been stopping you, slowing your down or keeping you from having the energy you want
- Develop a powerful vision for what doubling your energy will mean for you and your life
- Discover which foods and lifestyle habits sap your energy... and what to do about it
- Get crystal clear on a step-by-step plan to double your energy in 90 days or less.



This session is valued at \$97, but because you're here, this session is my gift to you!

### **ALL YOU HAVE TO DO IS SHOW UP FOR YOURSELF!**

Invest 60 minutes of your time, and I guarantee you will walk away with at least one major "aha" about why you are stuck and how to get unstuck.

[Click here](#) now to secure your complimentary Breakthrough Session.

This invitation is only valid while there are spots in my calendar. It fills quickly, so if this is something that's calling you, then take the leap. You have nothing to lose, and lots of ENERGY to gain!

**Here's to doubling your energy now!**

[Click here](#) to secure your complimentary session! (normally a \$97 value)