

5 Top tips for keeping your mind in shape and boosting your energy levels

1. **Have a coffee break with someone who you enjoy hanging out with.** We all know people who constantly complain, gripe and moan about life, work etc etc. These people will suck the energy out of you, so ask yourself do you want to give it to them?

Or would you prefer to spend time with those who you come away from feeling upbeat and smiling?

“Don’t put the key to your happiness in someone’s else’s pocket” Meyer

2. **Say good morning and smile** at a stranger and notice how it gives you energy
“Give a stranger one of your smiles it may be the only sunshine he see’s all day....” Anon

3. **Take a break - If you love it, DO IT, it will give you energy:** Often in our busy-ness we tell ourselves we haven’t got time for that 20 minute run we would love to take, or the yoga class with our friends, or to meditate for 10 minutes or call our mum for a chat.

Time is precious so waste it wisely, life is too short to spend it on things we don’t enjoy doing isn’t it?

As Gandhi wisely said: “I have so much to accomplish today that I must meditate for two hours instead of one.”

4. **Walk tall**, shoulders up and back, at a steady place (no run walking!!!) and hold your head up, smile and ‘breath’ as your moving amongst your tasks. Make a concerted effort to practice this as often we rush about with our heads down, ignoring the world and miss things that are going on that cheer up your day.

5. **Finally Be your own Best Friend** Often we berate ourselves and have such high expectations of ourselves that we would never impose on our best friend or loved ones. If your being mean to yourself try asking;
“What would I say to encourage my best friend in this situation?” and then say the same to yourself!

*“Those who don’t take the time to be well eventually have to take the time to be ill”
anon*

Simples’ we hope you enjoy the boost you receive from following our tips, join us on Facebook and sign up for our weekly tips.... here’s to staying well this week....

Mrs. mindgift x

5 Top tips Exercise & Nutrition to boosting your energy levels

1. **Use low Gi foods** (Glycemic index) for sustained energy. They will help keep your blood sugar balanced so you don't have peaks and troughs. Good examples would be an apple and a handful of almonds. Snacks should be around 100-150 calories
2. **Don't neglect Carbs-** They play an important part in giving us sustained energy. Good carbs include fruit and veg, Wholemeal bread, rice, pasta etc. Portion size is important for health. Fill half of your plate with veg, a quarter with a quality protein and the other quarter with a healthy carb.
3. **Calories do matter-** if you consume more calories than you burn, you will put weight on, it's that simple. To lose 1LB a week, you will need to reduce your calorie intake by 500 a day. 1 gram of protein has 4 calories, carbs also have 4 calories and fat has 9 calories per gram. Using a free app called myfitnesspal can help you track what you eat which can help you understand what's good and what's bad about your diet.
4. **Exercise-**Get 30 minutes exercise per day to include 3 days of HITT (high intensity) cardio training and two days of weight training to preserve muscle mass. This will release endorphins, which classed as a free happy 'drug'. Even if you get your butt of the couch and move it's better than nothing.
5. **Don't underestimate hydration-** men are made up of 60% water and women 70%. All your organs need water to function properly including your brain. Tap water is fine, try adding slices of lemon or lime if you don't find it appealing. Oh and coffee, tea and Redbull don't count.

For any further tips, visit our Facebook pages or drop us an email

Managing energy not time is key to performance