

REAL ENERGY FOOD

STAY HEALTHY & FIT WHILE
RUNNING A LIFESTYLE BUSINESS

[HTTP://REALENERGYFOOD.COM](http://realenergyfood.com)

SO WHY IS IT SO IMPORTANT TO STAY HEALTHY & FIT WHILE RUNNING A LIFESTYLE BUSINESS?

- Optimize Energy Levels
- Increase Productivity - reduce brain fog, inability to focus and fatigue and boost creativity
- Improves Your Mood - making it easier to maintain the right mindset to maximize the results in your business
- Reduce Illness - or time being ill and who wants time out from their business being sick



3 TIPS FOR PRIORTISING YOUR HEALTH

1. DRINK WATER
2. RETHINK EXERCISE & PLAN YOUR FOOD FOR ENERGY
3. ACTIVELY REDUCE STRESS



#1: DRINK MORE WATER

- Being dehydrated can cause digestion issues, aching muscles & joints, affect your immune system and make you feel tired & hungry.
- Feeling hungry or craving foods may actually be your body wanting more water
- Drink a big glass of water before each meal
- 1% dehydration causes a significant drop in your metabolism

#2: RETHINK EXERCISE

- Start small & go for consistency
- Try running or walking around a new place
- Workout apps & videos - 7 minute workout <http://nyti.ms/18yOOSr>
- Incidental exercise - take the stairs, carry your own luggage or try a fun new activity like surfing, mountain biking or skiing
- Hit up a free workout class in a new city



#2: PLAN YOUR FOOD

- Choose your meal - choose the healthy options for the rest of the day when you have a night out or bigger meal planned
- 80/20 rule - Stay 80% of the time in the healthy part of town and 20% in the fun part
- Pack your own snacks - nuts, fruit, veggies, homemade protein bars, protein powder, plain yogurt



#3: ACTIVELY REDUCE STRESS

- ADD A MEDITATION PRACTICE - 10 MINUTES IS ALL YOU NEED
- JOURNALLING - 3 PAGES EACH DAY, PRACTICE GRATITUDE
- YOGA - TRY A FREE TRIAL CLASS OR YOU TUBE VIDEO OR APP
- GET ENOUGH SLEEP!
- BOOK A MASSAGE



TIPS TO REDUCE JET LAG

- Drink lots of water! This is my number 1 tip. Planes are super dehydrating and so make sure you bring a bottle with you to fill or ask your flight attendant for one.
- Avoid junk food. Airports are filled with a range of sugar & salt filled snacks but these will make you feel worse on the other side of your flight! Pack your own healthy snacks or even some protein powder that you can use to make a shake to tie you over until you land.
- Avoid alcohol. I know boring right? I don't always stick to this one but if I need to be at my best for a meeting or event on the other side of my flight I avoid alcohol. If you can't skip this one then drink at least double the amount of water you usually would because being in a plane + alcohol is super dehydrating!

TIPS TO REDUCE JET LAG

- For long haul flights take any opportunity to sleep. I know this one is really hard for some people but if you can't sleep then allocate a period of time to just rest. As in no screens, no devices, eyes closed and just lay there. It will make you feel better. Take it from someone who never gets jet lag thanks to these tips.
- The last one is pick your flights. So I fly from Canada to Australia around once a year or more and I always try and book a flight that lands late afternoon. That way I land and stay awake until a reasonable bed time in my new timezone. No naps! Then after a good nights sleep in the new timezone I'm all good and adjusted to my new location.

WANT TO LEARN MORE

Are you a busy professional or lifestyle entrepreneur that wants customized advice on how to boost energy & lose that muffin top once and for all? No matter how much time you have available? No matter how busy you are?

[Click HERE](#) to schedule in a FREE 30 minute consultation with me so I can give you customized advice to help you prioritize your health and skyrocket your business.

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