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5 DAYS
To More Energy
For The Life You Want



Hi there,

Thank you so much for downloading your “5 Days to More Energy Guide.” These tips might sound so ridiculously simple you’ll want to ignore them. Don’t do that ... they are simple, but they work! I challenge you to actually do each one for the next 5 days and experience the difference in how you feel.

Why am I so passionate about this? I struggled with low energy for years and I know how frustrating it is to feel exhausted all the time. Most of us accept a low level of chronic exhaustion as normal. It’s common to head to Starbucks at 2 or 3pm to get our caffeine fix, or reach for a candy bar. Really though, it’s not that normal and it doesn’t have to be like this. I know that whenever I don’t do these simple steps on a daily basis, I don’t have the energy to do what I want to do – which is helping women like you to feel better and live better.

I’m going to send you a super short reminder email for the next 5 days which will include the tip of the day to beat the 2pm slump so you don’t need to carry this around with you.

Alright, here’s how this is going to work – you can do each tip by itself or continue to do the tip from the day before. Or you can do 1 each day and not worry about adding in the previous one. The last thing I want you to feel is overwhelmed. I’ve also included a bonus tip every day to implement either later that day or the next morning. If it’s too much, you can add these during the 2nd or 3rd week.

I’m here for you when you need support. Come join the facebook community at www.facebook.com/elevateyourenergy.

On the first page, there’s an overview of the tips. On the next few pages, I explain WHY these will help you get more energy. Let me know what you think when you’ve completed your 5 days! Let’s get started.

In Health & Happiness,

Evelyne Lambrecht

5 Tips To Beat The 2pm Slump

CHEAT SHEET

Day 1: Go for a 10 minute walk.

Bonus tip: Tomorrow morning, have a big glass of water when you first wake up.

Day 2: Add protein to your lunch.

Bonus tip: Tonight, prepare breakfast for tomorrow.

Day 3: Do 10 squats, pushups or jumping jacks before you eat lunch.

Bonus tip: Make a healthy afternoon snack.

Day 4: Enjoy a cup of tea after lunch.

Bonus tip: Set an alarm on your phone for 9:30pm to turn off your electronics.

Day 5: Have some veggies with lunch.

Bonus tip: Tonight, take 5 minutes to write down what you're grateful for.

Day 1: Go for a 10 minute walk.

Just get up and walk. Get outside and get some fresh air. Most of us don't do this because we don't plan it or we don't think we have the time. But you can't afford NOT to take 10 minutes today to move your body and get fresh air. So decide right now: when are you going to take your walk? Remind yourself when that time comes that you HAVE to make the time if you want to feel strong, healthy, and energized. Moving around and getting exercise delivers oxygen and other nutrients to your tissues so you'll have more energy and the fresh air will clear your head.

Bonus tip:

Tomorrow morning when you first wake up, have a large glass of room temperature water. If you have apple cider vinegar in the house, add a teaspoon of that. ACV can help enhance digestion, alkalize your body, and fight cravings so you'll feel more energized throughout the day. In fact, you can sip on this whenever you feel like you need a boost. If you feel like you don't drink enough water in general, try adding different fruits to it to change up the flavor. Some of my favorite combos include orange slices and mint, strawberries and blueberries, and cucumber and lemon.

Day 2: Add protein to your lunch.

When you eat a lunch that just has carbohydrates (like a bagel, pasta, etc), you'll feel heavy and get sleepy a lot more quickly. When you balance your meals with carbs, protein, and fat, you'll feel satiated for a longer period of time. Your blood sugar will be more stable so you can concentrate better and avoid the mood swings. My favorite protein options are: shredded free-range chicken, grass fed beef, free-range turkey, and wild fish. You can also add beans or lentils to a salad or bowl. Some of my favorite combos include:

- salad with mixed greens, tomatoes, bell pepper, spring onion, shredded chicken, and avocado
- stir-fried veggies with ground beef
- lentils with ground turkey

Bonus tip:

Prepare breakfast for tomorrow. Here are some energy-rich breakfast options:

- smoothie with vegan protein powder, frozen berries, a handful of spinach, a splash of coconut milk, a tablespoon of ground flaxseed, and water (my favorite protein powder is Mediclear-SGS by Thorne Research – it's a pea and rice protein blend with added nutrients for detoxifying the body)
- 2 eggs over easy with sautéed kale

Day 3: Do 10 squats, pushups, or jumping jacks before you eat.

Close the door to your office or walk away if you have to. You may be grumbling and wanting to ignore this tip, asking: won't this look stupid, what if someone sees me? The point is to just move your body for a short amount of time. A quick burst of exercise is one of the quickest ways to instantly boost your energy. Performing short bursts of exercise is one of the best ways to increase your strength, endurance, and brain health. Exercise reduces anxiety, improves your mood, improves just about every marker of health, and is fun!

Bonus tip:

Make a healthy afternoon snack. Some of my favorites include:

- apple with almond butter
- sliced cucumber with hummus or guacamole
- sliced turkey with a few slices of avocado

Stay away from processed snacks from the vending machine or 100-calorie snack packs, which are usually very high in sugar. While these may cause a spike in your blood sugar and energy, it's a temporary rush that's often followed by a crash. Pick something healthy that will keep you satisfied and your blood sugar steady until you eat dinner.

Day 4: Enjoy some tea after lunch (rooibos, mint, green tea).

Having some tea will boost your energy without causing you to crash. Mint tea has been shown to help you deal with stress. Rooibos tea is very high in antioxidants and can relieve tension. Another one of my favorites is Tulsi (or Holy Basil) tea. Tulsi is an adaptogenic herb that increases your resistance to fatigue, anxiety, and stress. You'll notice a boost in your energy without the crash or anxiety later. A lot of us reach for coffee; just for today, try tea instead. Coffee can also mess with your blood sugar so you crave more of those vending machine snacks!

Bonus tip:

Set an alarm to turn off your electronics tonight. It could be really easy to forget so go to the alarm on your phone right now and set one for 9pm so you know to start winding down at that time. Tonight, you might think, just one more show, but just do it. Turn everything off at 9:30pm. Keeping your electronics on can interfere with your sleep. Get your bedroom as dark as possible. When we keep our electronics on, the artificial light keeps our bodies from producing the melatonin we need to fall asleep. When you don't get enough sleep, your body craves more sugar the next day, which sets you up for that rollercoaster energy ride.

Day 5: Eat veggies with lunch.

Today when you head out for lunch, add some veggies to your lunch. If you're already eating a lot of them, try something new. Greens are very high in vitamins, minerals, antioxidants, and phytonutrients. My clients notice a change in just a few days when incorporating more greens. Some tips to get more veggies in:

- when eating out, ask for extra veggies on the side
- make a wrap out of collard greens instead of a tortilla
- bring a salad to work
- make a soup and put a generous serving of veggies in it
- steam veggies ahead of time
- put some leafy greens into your smoothie
- if you're craving sweets, incorporate more sweet veggies into your meals like sweet potatoes, carrots, and beets

Bonus tip:

Tonight, take 5 minutes to write in a gratitude journal, or just write it in the notes in your phone. This will help you sleep better and establish a relaxing ritual.

Congratulations!

Congratulations on completing this 5-day challenge!

Come join the conversation on Facebook and let me know how it went at

www.facebook.com/elevateyourenergy

On the page and in my weekly email, I'll keep you up to date on upcoming

Elevate Your Energy Radio shows and share tips to increase your energy!

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