



Your
Fitness
Chick

ENERGY ⚡

» **ESSENTIALS**

✓ **HAND
BOOK**

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WELCOME



READY TO TURN UP THE VOLUME... ON YOUR LIFE?!

If you're tired of feeling tired and wish you had more energy to enjoy the things you love, you're definitely not alone!

Fatigue is a LOT more common than you might think. Did you know that:

- *13.5% of adults felt tired or exhausted most days or every day in the past 3 months!*¹
- *Women are 40% more likely to feel tired than men.*²
- *Feeling tired without a clear reason is twice as common as fatigue with a known cause.*³

It turns out our lifestyle and daily habits are some of the biggest drains on our energy. Sometimes, we don't even realize we're sabotaging our own quality of life!

No wonder so many of us are running on fumes...





But the good news is that a LOT of this comes down to daily habits. And with a few smart tweaks, you can get your energy back—naturally.

I used to feel drained all day, no matter how much I slept or what energy-boosting tricks I tried. Mornings felt sluggish, afternoons were a struggle, and by evening, I was done. I wanted to do more, but my body wasn't on board.

Then I realized it wasn't about pushing harder—it was about making small changes that actually worked. So, I tweaked my morning routine, paid more attention to what I ate, and found ways to move that felt good.

Little by little, things changed. I felt more energized, I was more fun to be around, and I finally felt like myself again. And when I started sharing exactly what I was doing with my clients, they told me things like, "I finally have the energy LIVE MY LIFE again!!"



» WELCOME

That's why I put together this handbook...

To help you make simple changes to feel more energized every day—without relying on caffeine or quick fixes.

Inside, you'll learn:

- ✓ **7 simple, effective ways to boost your energy**
- ✓ **Tips that fit easily into your daily routine**
- ✓ **Strategies to help you feel vibrant and focused**



One of my clients told me she used to hit a wall by 3 p.m., so we made some simple lifestyle tweaks... and before she knew it, she was powering through her afternoons with steady energy!

The best part was that she no longer had to drag herself through the most important part of her day—which was spending time with her family!

READY TO GET STARTED?

LET'S GO!



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ENERGY ESSENTIALS HANDBOOK



HOW LOW ENERGY



SHOWS UP

There are two primary reasons you can feel low in energy:

➔ ***Your habits & lifestyle***

➔ ***Health issues (illnesses, infections, medications, etc.)***

Either way, that lack of energy can affect you in a lot of ways:

- *Difficulty concentrating*
- *Feeling unmotivated, anxious, and/or irritable*
- *Tired eyes*
- *Stiff shoulders & neck*
- *Boredom or impatience*
- *Fatigue throughout your body*
- *Feeling depressed or sad*

If you feel tired even after changing up your habits, it's a good idea to check with your healthcare provider to see if you have an underlying condition.



7 WAYS TO NATURALLY

» BOOST YOUR ENERGY

Ready to feel more awake and alive every day? Here are some of the most effective lifestyle changes you can make to crank up your energy levels — and improve your overall health and fitness!

Each one on its own can help you feel more energized, but together, they create a lifestyle that keeps you feeling great **all day long.**



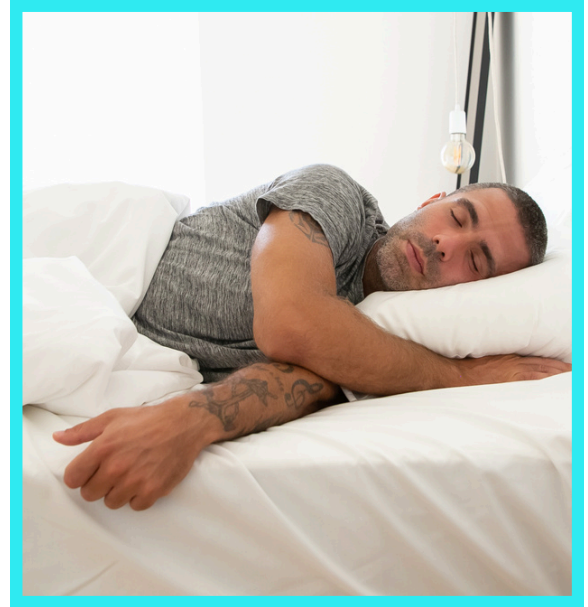
» 7 WAYS TO NATURALLY BOOST YOUR ENERGY

1. GET QUALITY SLEEP

Sleep might seem like an obvious answer, but it's truly the MVP when it comes to feeling energized!

WHY IT MATTERS

There are two major types of sleep, REM (rapid eye movement) sleep and non-REM (or quiet) sleep.



Non-REM sleep has three stages. The final stage — called deep or slow-wave sleep — is when your body does its most important healing and recharging.

Scientists believe that deep sleep plays the greatest role in restoring energy because it boosts your body's ability to make ATP, the molecule that fuels your cells with energy.⁴

TAKEAWAY

Set yourself up for at least 7-8 hours of quality sleep every night. That starts with going to bed early enough so that you can actually log those sleep hours!

BONUS

Following the other items in this handbook will help you sleep better.



» 7 WAYS TO NATURALLY BOOST YOUR ENERGY

2. EXERCISE REGULARLY

Feeling tired? The idea of moving more might feel counterintuitive, but it's actually one of the best things you can do for your body—and your mind.

WHY IT MATTERS

When you exercise, your body creates more mitochondria—those little powerhouses that turn your food and oxygen into energy!



Plus, exercise gets more oxygen circulating and gives you a hit of feel-good hormones to lift your mood and energy levels. And you guessed it, it can even help you sleep better.⁵

TAKEAWAY

Aim for 150 to 300 minutes of moderate-intensity aerobic activity (walking, fast dancing, etc.) a week -OR- 75 to 150 minutes of vigorous-intensity activity (running, interval workouts, etc.)

-PLUS-

2 muscle-building workouts a week on non-consecutive days.

When you get into a regular workout routine and stay active throughout the day, you'll notice a steady boost in your energy, mood, and overall well-being—no more dragging yourself through the day!



3. EAT A BALANCED DIET

What you eat has a huge impact on how you feel. An energy-boosting diet isn't just about calories—it's about fueling your body the right way!

Focus on eating enough food to power your activities (e.g., avoid crash diets), and make sure to include a variety of unprocessed whole foods, lean proteins, and healthy fats.⁶

Need some ideas?

Here's a sample of what I eat on a typical day—your daily choices might be different, but the idea is to choose whole foods as much as possible.

A TYPICAL DAY OF EATING FOR ME

BREAKFAST

Greek yogurt with mixed berries, chia seeds, and a drizzle of local honey and a scoop of protein powder

SNACK

5 egg whites and oatmeal

LUNCH

Chicken breast with mixed greens, avocado, cherry tomatoes, and olive oil dressing

SNACK

protein bar, a banana and a handful of nuts

DINNER

Stir-fry with turkey, bell peppers, snap peas, and brown rice

SNACK

Sliced bell peppers and hummus



»» 7 WAYS TO NATURALLY BOOST YOUR ENERGY

WHY IT MATTERS

Not all foods are created equal when it comes to energy. While sugary snacks give you a quick lift (and a fast crash), whole grains, lean proteins, and healthy fats keep your energy steady and strong.

Eating smaller meals throughout the day can also keep your brain and body humming along without those dreaded slumps....

And since our bodies are wired for a natural dip in energy in the afternoon, you can beat that lag by eating a lighter lunch with a mid-afternoon snack!

TAKEAWAY

Focus on eating a high-quality balanced diet that gives you the nutrients and fuel you need (not too much or too little).



» 7 WAYS TO NATURALLY BOOST YOUR ENERGY

4. STAY HYDRATED

There's a direct link between your brain, your energy level, and how hydrated you are...

Which is why it's so important to get at least 8 glasses of water every day.

WHY IT MATTERS

Studies show that even mild dehydration (as little as 1–3% of your body weight!) can affect how your brain functions.



It can make you feel tired, impair your performance, and make it hard to concentrate.⁷

TAKEAWAY

Drink plenty of water throughout the day!

According to the U.S. National Academies of Sciences, Engineering, and Medicine, this looks like:

- **About 15.5 cups (3.7 liters) a day for men**
- **About 11.5 cups (2.7 liters) a day for women**
- **or to keep it simple, start off by drinking half your body weight in oz. of water**



» 7 WAYS TO NATURALLY BOOST YOUR ENERGY



5. MANAGE STRESS

Stress might give you a quick burst of adrenaline and a surge of energy in the moment...

But over time, too much stress does the exact opposite—it drains you and leaves you feeling exhausted.

WHY IT MATTERS

Chronic stress messes with your hormones, disrupts your sleep, and can lead to serious fatigue. On top of all that, it can also disrupt your hormones and worsen depression, which is another big energy thief.⁸

TAKEAWAY

Find stress-busting activities (exercise, breathing exercises, meditation, journaling, etc.) and make them part of your everyday routine. Not only will you feel more relaxed, but you'll also have more energy!



» 7 WAYS TO NATURALLY BOOST YOUR ENERGY

6. LIMIT CAFFEINE

Caffeine can be a helpful pick-me-up, but too much of it can backfire. That's because it interferes with special receptors in your brain that govern your sleep-wake cycle.

WHY IT MATTERS

Caffeine blocks adenosine, the chemical that makes you feel sleepy. But when the caffeine wears off, all that built-up adenosine can flood back in, leading to an energy crash.

And if you have caffeine too late in the day (after 2 p.m.), it can interfere with your sleep!⁹

TAKEAWAY

Enjoy your coffee, but don't overdo it! Keep it earlier in the day and know your limits so it works for you, not against you.



» 7 WAYS TO NATURALLY BOOST YOUR ENERGY



7. GET SOME SUN

Sunshine isn't just for a great tan—it's an instant mood and energy booster!

WHY IT MATTERS

Sunlight boosts serotonin, your “feel good” hormone that helps you feel calm, focused, and energized.¹⁰

Plus, it raises your vitamin D levels, and being low in vitamin D is linked to fatigue.¹¹

TAKEAWAY

Make it a point to get outside for 10–30 minutes of sunshine as many days a week as you can.



»» **YOUR 7-DAY**

ENERGY BOOSTING ⚡

CHEAT SHEET ✓

Ready to feel more energized this week? Use this quick checklist to create simple daily habits that keep your energy levels high all day long!

1. SLEEP ✓

Prioritize 7–8 hours of quality sleep every night! This means heading to bed early enough to fully recharge—you'll thank yourself in the morning!

2. MOVE YOUR BODY ✓

Get into a regular workout routine that you enjoy, and find little ways to stay active throughout the day—whether it's a quick walk, some stretching, or even a dance break!

3. FUEL RIGHT ✓

Focus on a balanced diet that includes plenty of veggies, fruits, lean proteins, whole grains, and healthy fats. Think of every meal as fuel that keeps you running strong!

4. HYDRATE LIKE A PRO ✓

Water is your best friend when it comes to energy! Aim for about 15.5 cups (3.7 liters) a day for men, and 11.5 cups (2.7 liters) for women. Keep a water bottle nearby and sip throughout the day.

5. DE-STRESS DAILY ✓

Find your favorite stress-busters—like exercise, meditation, or journaling—and make them part of your daily routine. Your body (and mind) will thank you!

6. BE SMART ABOUT CAFFEINE ✓

Enjoy your coffee, but know your limits. Keep caffeine earlier in the day, and be mindful of how it affects you. Remember, too much can lead to a crash!

7. GET SOME SUNSHINE ✓

Make it a point to get outside for 10–30 minutes of sunshine as many days a week you can.

Important:

HOW TO KEEP YOUR



MOMENTUM

Way to go on making it to the end of this Energy Essentials Handbook! Making these small lifestyle changes is an amazing first step to boosting your energy levels, and of course, hitting your weight loss and muscle building goals...



But the next—and most important—step is creating a plan that works for you—a plan that not only balances your energy, but also your nutrition, workouts, your habits, and everything in between.

Imagine if you had ALL the pieces of the puzzle—nutrition, exercise, sleep, stress management—all working together seamlessly...

You'd have a clear, actionable path to follow, making it so much easier to hit your weight loss goals and maintain them.



That's exactly what my

UNSTOPPABLE 2.0 PROGRAM

is designed to help you with.



Here's what you'll get when you join:

- ✔ **A personalized roadmap** that brings together your nutrition, workouts, and daily habits—so you can stay consistent, balanced, and always moving forward.
- ✔ **Sample meal plans, workout schedules, and habit-tracking tools** tailored specifically for YOUR lifestyle, so you know exactly what to do to reach your goals.
- ✔ **Built-in accountability** to keep you on track, with personalized adjustments to ensure you're always moving toward your goals—even when life gets busy.
- ✔ **LIVE coaching + support** from me to help you tweak and optimize your plan as you progress, making sure it always works for you—not the other way around.



It's Time to Finally Reach Your Goals!



If you're ready to get started or have any questions please reach out! Together, we'll figure out if it's the right fit, and if not, I'll make sure you walk away with clear next steps and a solid plan for moving forward.

I'm excited to help you take the next step, and I can't wait to see what we can accomplish together.

Click here to check out my programs now...

I'm ready when you are!

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