



# 3 Easy Ways To Double Your Energy Today!

Coaching

*with*

*Attitude!*



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

# Enjoy these no-cost steps that you can use RIGHT NOW to generate more energy in your body.

You know that feeling of waking up after a full night's sleep soooooo tired and sluggish that the very THOUGHT of getting out of bed makes you want to spend all day in "Club Comforter" and watch endless episodes of your favorite binge TV?

Me too!

I used to struggle with my energy, just like you.

But after years of research, education and a little bit of trial and error, I discovered a simple system to double my energy. I call it The Total Energy Transformation.

I'm sharing 3 simple steps from that system with you right now, so you can start doubling your energy—easily—TODAY.

These are simple, no-cost steps that you can use RIGHT NOW to generate more energy in your body.

**First** let's start by breaking up your day into bite-size pieces and spreading out your **energy boosting activities** like this:

- **Easy Energy Booster #1:** As soon as you wake up
- **Easy Energy Booster #2:** After lunch
- **Easy Energy Booster #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**

# Easy Energy Booster #1

Do it as soon as you wake up.

## “Toss It Back!”

Life gets crazy, and sometimes we get a terrible night's sleep.

It's hard to wake up refreshed, calm and energetic when your kid wet the bed, the neighbor's dog howled at the moon all night and your smoke alarm went off accidentally.

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

I call it “tossing it back”.

Here's how to do it:

- Before you go to bed, set a full 20-ounce glass of water next to your bathroom sink
- After you wake up, brush your teeth and relieve yourself, TOSS BACK that whole glass!

Pretty simple, right?

**Why is tossing back a big ol' glass of water an effective way to jump start your energy?**

### ***Hydration!***

Water hydrates your entire system, which is vital for your cell, tissue 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.

Getting into the habit of eliminating waste first thing in the morning will prevent it from being absorbed into your system throughout the day and give you an instant energy boost.

# Easy Energy Booster #2

## Do it after lunch.

### “Get Fresh!”

Many of us spend our entire day inside an office with air conditioning or heaters that drain our energy and sap our life force.

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

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

Walk around the block and find a park to walk through or a street lined with trees. I'm talking fresh air and preferably sunshine but rain works well 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, sit by it and breathe in the outside air (even city air is better than fake stuffy office air). Or find a live plant potted in real soil and sit by it and breathe it in for ten minutes, in silence.

Your colleagues may think you've really lost it this time round and may start planning an intervention but you will be doing yourself and everyone you work with a huge favor by recharging your energy and giving your mood a boost!

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

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 an energy boost.

# Easy Energy Booster #3

## Do it at the end of your workday

### “Dance Party!”

This one is really fun and it's 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 of any kind of music that makes you want to get up and boogie.

**Then** download it to your phone or car stereo or computer.

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

**Plug** your earphones in and boogie like crazy to your favorite song.

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

You know the old adage, “Dance like nobody's watching?”

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

In no time you will be happily stacking the dishes in the dishwasher with renewed vigor and reading your kids a bedtime story for the millionth time as though it were your first.

# RECAP!

These 3 EASY WAYS to double your energy today are taken straight from my health coaching program—The 90 Days to Boost Energy and Get Your “Stuff” Together

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

## **Easy Energy Booster # 1:**

Do it as soon as you wake up  
“TOSS IT BACK”— HYDRATING THE EASY WAY

## **Easy Energy Booster # 2:**

Do it after lunch  
“GET FRESH”— GETTING FRESH AIR

## **Easy Energy Booster # 2:**

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

# Ready to learn more about easy ways to boost your energy?

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I've helped people like you 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 they can feel a profound satisfaction that emanates into all corners of their lives

Would you like to experience these results, too?

Truth is that doubling your energy is the **KEY** to experiencing your best health, your 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 private, 1-1 **"60 Minute Energy Clarity Session"** with me!

# Double Your Energy Clarity Session

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

- Uncover what's been zapping your energy, distracting your focus, and keeping you from being the happy, vibrant person you are meant to be.
- Develop a powerful vision for your Energy Optimization Program, and what it will mean to you, for your health and for your overall happiness.
- Discover which habits and patterns are adding to your emotional and physical pain, creating chaos and confusion, and holding you back from your full potential, and what to do about it.
- Get crystal clear on a step-by-step plan to boost your energy and focus in 90 days or less.

I typically charge \$97 for these sessions, 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 "Double Your Energy Clarity Session"](#)**

This invitation is only valid while there are spots in my calendar.

Spots do fill quickly, so if this is something that's calling to you, then take the leap. You have nothing to lose, and lots of ENERGY to gain!

## Here's to doubling your energy now,

- PS—If you're ready to uncover what's been stopping you, slowing you down or keeping you from having the energy and focus you want, then NOW is the perfect time to schedule a private “**Double Your Energy Clarity Session**” with me.

I'll help you discover which foods and lifestyle habits are sapping your energy and focus...and what to do about it.

Plus I'll show you how to get crystal clear on a step-by-step plan to double your energy in 90 days or less.

**Click here now to secure your complimentary session (normally a \$97 value).**

## 3 Ways to Double Your Energy Today

No-cost steps that you can use RIGHT NOW to generate more energy in your body.