

Energy management is just as important as time management
 If you don't have energy, you won't complete your goals
 In order to do more and spend more time with family,
 you need to find things you can cut back on!
 Make small changes to save energy during the day!

Your energy goes through waves
 * Anabolic/catabolic
 * Circadian rhythm
 Food, mood, weather and more
 dictate these waves. Learn to influence
 them and to 'ride the wave'!

Energy management

Physiology and energy

Exercise

Have realistic aims, use a simple
 bodyweight circuit that you can
 easily stick to.
 Use the 'QUICK' workout!

energy ++

Nutrition

Supplements

How to sleep better for more energy

Correct nutrition for energy involves:
 * Nutrient dense diet
 * Avoiding empty calories
 * Avoiding preservatives
 * Consuming complex carbs
 * Staying hydrated
 * Supplements -->

Lifestyle

Great supplements for energy include:
 * Omega 3 fatty acid
 * Caffeine
 * CoQ-10
 * B-vitamins
 * Creatine
 * Vinpocetine

* Go to bed at the
 same time every
 night
 * Have the room
 slightly cool
 * Have a 'slow down'
 period before bed
 * Take a warm bath

Avoid stress
 Quit your job if necessary!
 Get sunlight and fresh air
 Be in a rich environment
 Power nap
 Do things you care about - they will wake you up!