

# Food and Habits to Boost Energy



Vickee Schoffner, CHC, CPT

<https://coachv0.wixsite.com/fortifywithv>  
[coachv@strengthenwithv.com](mailto:coachv@strengthenwithv.com)

Ph:615-275-5073



Disclaimer: Please consult a doctor before starting any new health, wellness, or fitness program. Especially with pre-existing conditions. The recommendations given is not intended for treatment or prevention of diseases, nor as a substitute for medical treatment. Programs outlined herein should not be adopted without consultation with your health professional.



# Boosting Your Energy

*If the body is an engine, then food is its fuel. Food gives the body the energy it needs to function. If we don't make sure the fuel we pump through our system is the right quality and quantity, we're going to run ourselves right onto the scrap heap. The foods we eat affect our weight, mood, energy level, brain function, sex drive and sleeping patterns.*

*– Kris Carr, Hungry for Change*

In this session, we're going to look at both foods and habits that are either supporting our energy levels or depleting them. We'll also cover some great ideas to help you feel more energetic.

When we lack energy, we lack motivation – the motivation to exercise and the motivation to focus on healthier habits. As you've probably experienced, everything seems more difficult when you feel tired and worn out. You'll be happy to know that it doesn't have to be this way. Remember, small changes really do add up and you don't need to change everything at once.

Consistency is key.

# How Do You Start Your Day?

Do you roll out of bed and head to the kitchen first thing in the morning to start the coffee brewing? Many people have to start their day with a boost of caffeine to get going. They even drink coffee before their first glass of water.

When you start with your morning coffee for that boost of energy, what happens later? You're less likely to eat a quality breakfast that gives you long-term fuel and more likely feel tired by late morning or early afternoon. Then you need another quick energy boost and often choose it in the form of more caffeine or in the form of processed or sugar-filled foods. Sometimes with both – the coffee and the sugar-filled treat. It can be a vicious cycle that's hard to break.

If this is you, let's take a look at **what coffee really does for you.**

When you drink caffeine, you're running on borrowed energy - energy you don't ever get to pay back, meaning it isn't stored energy you can draw on when you need it later. Many of us are doing this every day. We're always on the go, go, go and with pressure to get more done in a seemingly shorter amount of time. When we can't seem to get enough done or start to fade later in the day, we have more caffeine.

Is your caffeine routine in the morning more out of habit or do you feel like you **NEED** the boost to get you going? If you feel like you need the boost, we will take a look at what you may be able to do to improve your energy naturally and eventually not need to rely on the caffeine fix.

Some other morning beverage options include: transitioning to decaf coffee or diving into the world of teas. There are so many incredible flavors of teas to choose from and many offer the added benefit of containing antioxidants.

If you aren't sure where to start, you can try an organic green tea and see what you think and experiment from there.

You can also opt for a delicious green smoothie to get a nice big dose of vitamins and minerals (plus fiber and phytonutrients too) that should give you a natural energy boost.

**Let's look at some other ideas to boost your energy in the meantime.**

# Stay Hydrated

**Did you know that the average human body is estimated to be about 60-70 percent water?** Adults may have a decrease to 57-60% as they age, where as in babies the percentage may be as high as 75%. Since we continuously lose water through urination, our skin through perspiration or sweat, even through the process of breathing, it's critical we replace this important essential nutrient regularly each day.

**Start your day first thing in the morning – before anything else, especially coffee - with a large glass of fresh water to rehydrate your body and your brain after your night's fast.** You'll be surprised how awake you feel when your brain gets watered! Continue to drink water regularly throughout the day. Recommendations vary on the quantity of water we need, but drinking  $\frac{1}{2}$  your body weight in water per day is the ideal. Think about it: a 250 pound man has a lot more muscle mass, bone mass, and tissue mass – a lot more cells – to hydrate than a 120 pound woman or a six year old child. So, if you weigh 160 pounds, aim for approximately 80 ounces of water per day. If you haven't been drinking much water, you can start gradually and aim for  $\frac{1}{2}$  that amount to start with and increase as you can.

If you just don't like water, due to the lack of taste, consider adding some real fruit to your water. Limes, lemons and grapefruit are all amazing additions to a glass of water. You can either put lemon or lime slices in your water or squeeze some lemon, lime or grapefruit juice in your glass. Refreshing and deeeelish!

The easiest way for me to remember to drink more water is to always have a full water bottle with me - at my desk, in the kitchen and when I leave the house.

A great app called ***Water Your Body*** is an easy to use and fun way to track your personally recommended amount of water. After answering a few personal questions, like your current weight and activity level, the app calculates the water you need. You can set timer reminders to help you remember...and you'll win trophies for consistency.

# More Reasons to Stay Hydrated

*If you aren't drinking enough water, you reduce brain function. You can also expect to see thinner skin and more fine lines and wrinkles.*

*- Daniel G. Amen, M.D. author, Change Your Brain, Change Your Body*



# More Ways to Boost Your Energy

## Don't skip meals.

I can't emphasize this enough. If there was ONE thing you could do that would have a dramatic impact on your energy level, this would be it (besides getting enough sleep).

## Eat breakfast.

Ideally, have a meal that includes protein, carbohydrates and fat (in 'whole food' form). This will keep you full longer and give you sustained energy. If you just can't handle having breakfast early in the morning, bring something with you to work that you can eat a little later in the morning.

When you skip breakfast, you will usually end up consuming more calories throughout the day. Your body needs a certain amount of calories to function optimally, so if by the end of day, you haven't consumed what your body needs, you'll end up with those later afternoon and/or evening snack attacks.



# Start Your Day Right!

***“Eating breakfast also does wonders for your weight. In fact, if you’re trying to lose weight, eating breakfast is the way to do it. Why? It prevents you from noshing on high-calorie snacks or overeating later in the day.***

***Not only are breakfast eaters leaner than those who opt to skip this meal, but generally they eat fewer total calories per day.”***

– Diane Welland, M.S., R.D.,  
Author: The Complete Idiots Guide to Eating Clean



# More Ways to Boost Your Energy

## Have a balanced lunch.

“Balanced” means including protein, carbs and fat. As often as possible, make your lunch your main meal of the day. When you get into this practice you’ll find you often are full enough until the dinner hour. Of course, you can also have a healthy snack if you’re hungry in the afternoon.

## Have a balanced dinner.

On days where you have your largest meal for lunch, you can probably enjoy a lighter dinner.

Tip: plan out your meals ahead of time for the week so you eat out less often (this saves money AND calories).

Reminder: Eating carbs, fat and protein at each meal increases the feeling of satiety and helps you stay energized longer.

Avoid sugary snacks and treats as much as possible. Sugar just puts us on the energy roller coaster and we usually end up feeling even more tired than when we started, which completely zaps our energy.

# Get moving!

Any exercise or physical activity that gets the heart rate up and the blood flowing and releases endorphins is going to raise your energy level.

Good cardiovascular exercises will strengthen your heart and give you more stamina.

[Everydayhealth.com](http://Everydayhealth.com)

# What Types Of Foods Increase Energy?

Whenever possible, focus on the highest quality foods you. Local and organic are ideal and do what you can find and afford.

- ❖ Foods that are “real” and not manufactured. These are foods that will spoil in a matter of days and don’t have a long shelf life.
- ❖ Whole foods: grains, vegetables, and beans. These are foods that have not been processed, so they contain vitamins, minerals, fiber and other naturally occurring nutrients that our bodies recognize and can absorb and utilize.
- ❖ Quality animal protein sources. Eat organic, grass fed, wild and free-range when possible.
- ❖ Superfoods. These have very high levels of nutrients. Leafy greens as well as many fruits, vegetables, nuts and seeds are considered superfoods.

In addition, sea plants, such as green algae and seaweed, are powerful sources of nutrition and energy. (You can also get these in powder form to add to smoothies).



# Need More Ideas?

Remember the 6 S' s from the 'Why Diets Don't Work' session?

1. Soups
2. Salads
3. Sides
4. Snacks
5. Sandwiches
6. Smoothies

Once you start eating more whole foods and less processed foods, you will notice a difference in how you feel and soon the processed food choices just won't even sound good to you anymore. **You'll notice a difference in your energy and your digestion.** A lot of people notice that their sleep improves too. BONUS: This all helps with weight loss!

Before you reach for a processed snack or empty calories, ask yourself "What does my body NEED?" or "What would be a healthy choice that will give me more sustained energy?"

*"Eating clean is more than just a diet – it's a lifestyle with an overall focus on sound nutrition, good health, and regular physical activity. Since clean food is typically low in fat, calories, sodium and sugar and high in fiber, vitamins and minerals, clean eaters enjoy incredible health benefits like weight loss, reduced risk of chronic illness, and improved strength."*

– Diane A. Welland, M.S., R.D.

# Get Adequate Sleep For More Energy

This is a biggie! Many of us are going through the day tired and worn out due to insufficient sleep.

**We know we need enough sleep, but did you know:**

*“Inadequate slumber over extended periods of time also may interfere with immune function, including the proper production of white cells and hormonal regulation, which is why insufficient sleep is linked with chronically elevated levels of the stress hormone cortisol. This also leads to impaired immunity and elevated levels of hormones such as insulin, increasing the risk of gaining body fat (most often in the midsection) and of developing systemic inflammation and type 2 diabetes. It also leads to changes in the hormones leptin and ghrelin, which regulate hunger and satiety.”*

*– David Katz, M.D. from the book, “Disease-Proof.”*

# Get Adequate Sleep For More Energy

So how is your sleep?

Is this something you'd like to focus on this week?

If you've tried several things with no improvement, it would probably be worthwhile to have your hormone levels checked by someone that specializes in this field. Many times, a naturopathic doctor or functional medical doctor can do this and get you on the right course to sleeping better and feeling better.

For many people, just by eating healthier, they find they start sleeping better. Add exercise to the mix and it can help even more. Included as a handout with this session is a list of 16 things you can try to improve your sleep. Adopting habits that create quality sleep can change your life!

# Other Possibilities For Lack of Energy

If you are tired and sluggish most days and can't figure out why, you shouldn't feel like it's something you just have to 'live with'.

By seeing a doctor that specializes in this area, you can probably figure out the cause and be on the road to feeling better.

There are many possible causes for fatigue (including, but not limited to) thyroid issues, adrenal fatigue and hormonal imbalance.

I'm a big fan of functional medical doctors because they look for the root cause of problems rather than looking to just treat the symptoms. There are also great naturopathic doctors that deal with women's health issues. Find someone in your area that best fits your needs that can help you.



# To-Do

We covered a LOT of information in this session about the foods and habits that can help us have more energy.

Be sure to go back and look everything over again. Write down 2 things you are ready to implement this week.

1) \_\_\_\_\_  
2) \_\_\_\_\_

Continue to pay attention to how you feel after you eat. What do you notice?

\_\_\_\_\_

Can you tell which foods make you feel better and which ones you may want to avoid?

\_\_\_\_\_ made me feel better  
\_\_\_\_\_ didn't make me feel so good.

