

# 3 EASY WAYS TO DOUBLE YOUR ENERGY TODAY!



*Health & Wellness Coaching*

Carolyn Flanigan

# 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:



## Easy Energy Booster #1 Do it as soon as you wake up.

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.

Here's how to do it:

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

Pretty simple, right?

## And just so you know:

Drinking enough water helps keep the enzymes and 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.”

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. Drinking a glass of filtered water is such an effective way to jump start your energy? Amazing... I knew you'd think so!





# GET SOME FRESH AIR & SUNSHINE!

---



## Easy Energy Booster #2 Do it after lunch.

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 stressfree 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!



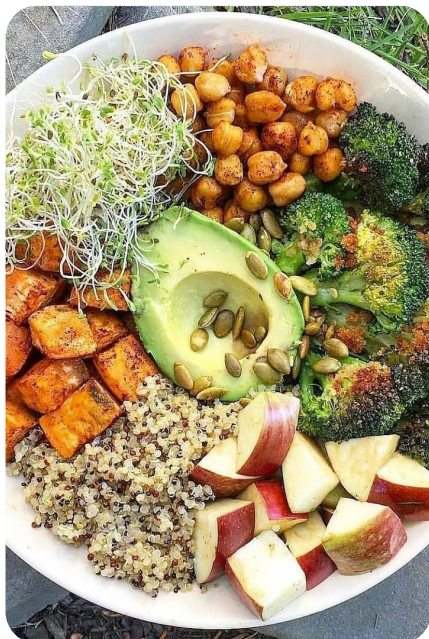
**Try it for 10 minutes TODAY and I bet you will feel refreshed, recharged and energized.**

# EAT FOR ENERGY

---



Eating foods with a low glycemic index — whose sugars are absorbed slowly — may help you avoid the lag in energy that typically occurs after eating quickly absorbed sugars or refined starches. Foods with a low glycemic index include whole grains, high-fiber vegetables, nuts, and healthy oils such as olive oil. In general, high-carbohydrate foods have the highest glycemic indexes. Proteins and fats have glycemic indexes that are close to zero. Energy is delivered to the body through the foods we eat and liquids we drink. Foods contain a lot of stored chemical energy; when you eat, your body breaks down these foods into smaller components and absorbs them to use as fuel. Energy comes from the three main nutrients carbohydrates, protein, and fats, with carbohydrates being the most important energy source. In cases where carbohydrates have been depleted, the body can utilise protein and fats for energy. Your metabolism is the chemical reactions in the body's cells that change this food into energy.



---

**Glucose + Oxygen**  
→ **Carbon dioxide +**  
**Water + Energy =**  
**A Unit Of Energy**

# READY TO LEARN MORE ABOUT EASY WAYS TO DOUBLE YOUR ENERGY?



- 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 "Double Your Energy Breakthrough Session" with me!

## Double Your Energy Breakthrough Session





# GET CRYSTAL CLEAR ON A STEP-BY-STEP PLAN TO CREATE A TOTAL BODY TRANSFORMATION IN 90 DAYS OR LESS

## Body Transformation Breakthrough Session

• If you're ready to uncover what why dieting hasn't been working for you, why it's been draining your energy or keeping you from feeling your best self, then NOW is the perfect time to schedule a private "Body Transformation Breakthrough Session" with me. I'll help you discover which diets you need to forget about, and which habits you need to change ... and what to embrace instead. Plus, I'll show you how to get crystal clear on a step-by-step plan to look and feel Amazing in your body in 90 days or less.

Click [here](#) to sheduel a call and get healthy now.



Here's to looking  
and feeling  
**AMAZING** again  
now without  
dieting!