



Kalia's Top Ten Tips for Great Energy:

- 1- **Move your body.** Every Day. Whether you go for a run, choose to take the stairs, or park a few extra blocks away from where you are going, exercise is a proven way to increase your overall energy.
- 2- **Stabilize your blood sugar.** Instead of relying on caffeine and sugar to give you energy, focus on including complex carbohydrates, (think brown rice and, vegetables and whole grain breads), and lean protein. These foods break down slowly in your body, giving it long-lasting energy.
- 3- **Get Adequate Rest.** Researchers have found that just as pushing ourselves past our comfort zone helps us expand our capacities, recovery requires that we allow for adequate rest. One option is to turn off your tv or computer at night and go to bed. Studies have found that most people require 7-8 hours per night for maximum energy and focus.
- 4- **Find your breath,** and use it. When you need an immediate boost in energy OR an immediate way to calm down; bring your attention to your breath. Let your breath fill your belly and use the inhale to fill your body with energy, and the exhale to release any negative feelings or thoughts. Bonus, it's always with you.
- 5- **Play.** Be sure to include activities you enjoy every day. Laughter and play not only relieve stress, but they also broaden our minds, and open our hearts.
- 6- **Be grateful.** Find a way to feel grateful every day for something or someone that is just right in your life. You can start a gratitude journal or simply take some time every day to be aware(name them in your mind), of what you are grateful for. Gratitude increases our ability to be happy, which is always an energy boost!
- 7- **Pay attention to your thoughts.** What are you saying to yourself throughout the day? Are they mostly positive, inspiring things, or are you being judgmental of yourself and others? When we use positive images and words to support ourselves, we naturally make better choices, and therefore have more energy.
- 8- **Hydrate.** Our bodies are made up of 65% water, which is constantly being moved out of our systems. We can replenish our bodies through drinking water or eating water-rich foods (think watermelon, cucumbers and oranges, for example). You will notice the difference immediately in your energy.
- 9- **Have a vision.** When you are working toward something which has deep meaning for you, it gives you greater ability to focus and make smart choices about your lifestyle. Keep this vision alive by creating some words or a picture which reminds you of it daily.
- 10- **Buddy up.** You can know what to do, but unless you do it, it won't make a difference. You can buddy up with a friend who also wants to make changes, and you can commit to holding one another accountable to those changes. This can have the added bonus of having a workout buddy, which is always fun! As an alternative, a wellness coach is a trained professional who can help you make those changes last.

Kalia Kelmenson is a Licensed Wellcoach® and Certified Personal Trainer who specializes in helping individuals and groups create lifestyles that support optimal energy and well-being. She works both in person and over the phone.

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