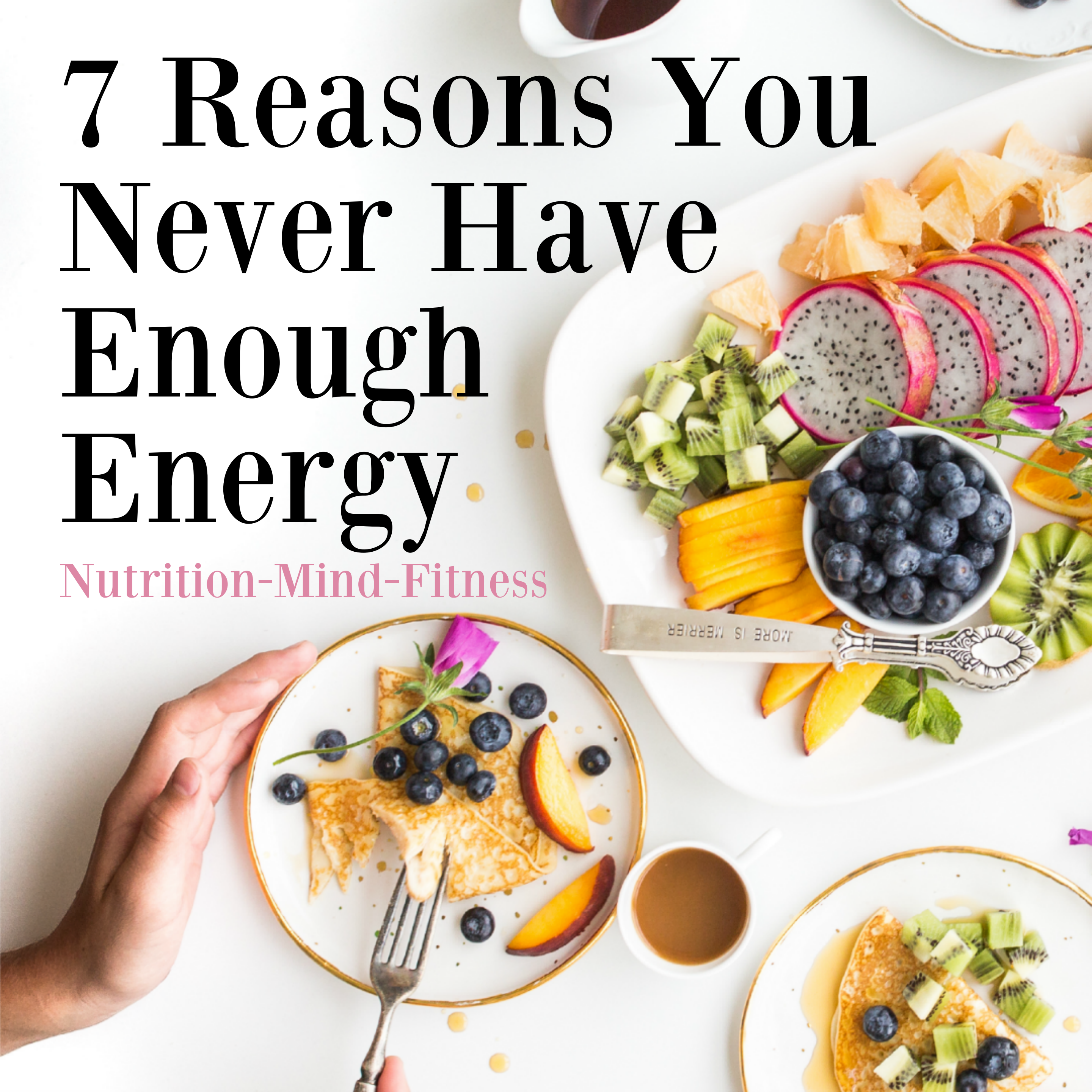


7 Reasons You Never Have Enough Energy

Nutrition-Mind-Fitness



Why implementting the following 7 steps will change your life .

I'm not going to beat around the bush.

The reason you have low energy, fall asleep at your desk, crave sugar, can't get up in the morning, can't seem to concentrate, have

No ENERGY,

is because you are not putting the right ingredients into your body.

The truth is the number one reason why we can't seem to get things done, is we lack energy and motivation.

Not feeling tired, having the ability to create positive energetic output is essential to how you feel, act, sleep and even look.

After reading this, when you take the necessary actions to correct your energy levels you will be absolutely astonished by your new lease of life.

It is really simple to generate all the energy you need.

And it starts with 7 simple life changing steps.

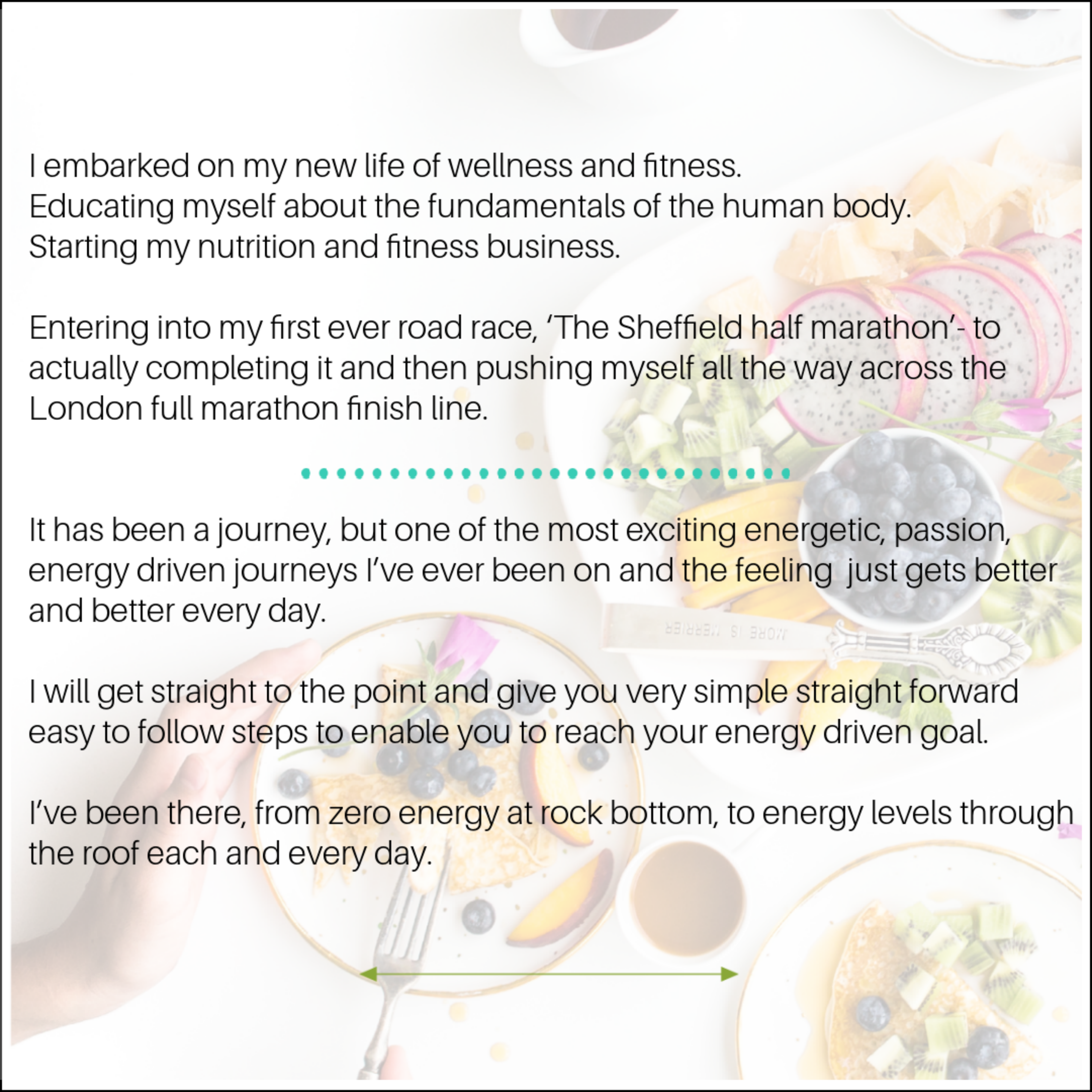
Why listen to me?

My name is Josephine Smith I am a health and fitness instructor currently studying a health science degree.

I've endured a heavily abusive relationship and managed to not only escape and lead both me and my children to safety but completely transform our lives for the better both physically and mentally with the incredible force of good nutrition and exercise.

Living back then in an existence of pain and survival, trying to protect myself and my children both physically and mentally without the power and education of good nutrition, not knowing the solid fundamental energy generating principles of life, was to say the least **HARDWORK**.

Not having any energy to do even the basic of tasks. Sleep patterns all over the place, constantly run down, mental health sliding into a black hole. I finally woke up and decided enough was enough.



I embarked on my new life of wellness and fitness.
Educating myself about the fundamentals of the human body.
Starting my nutrition and fitness business.

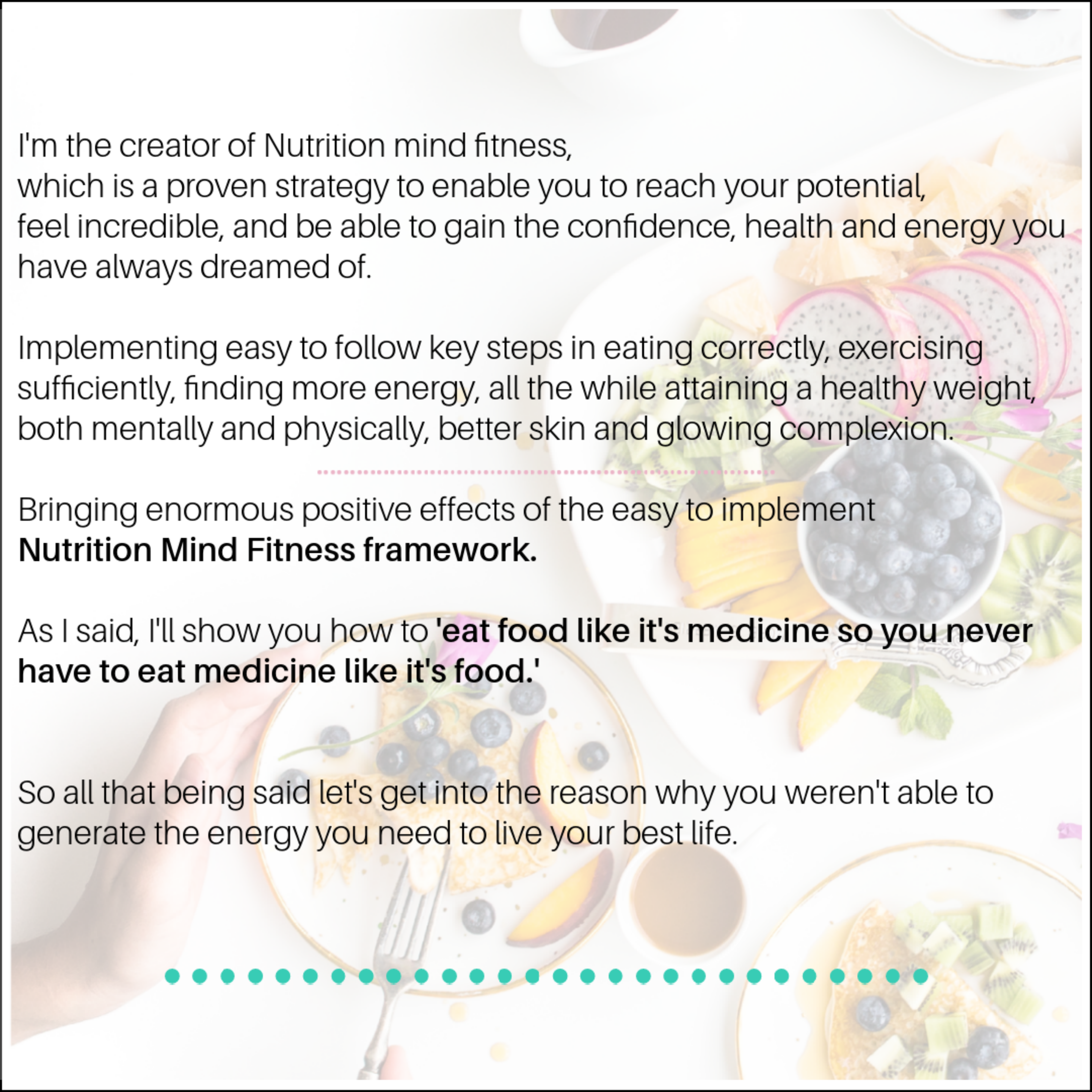
Entering into my first ever road race, 'The Sheffield half marathon'- to actually completing it and then pushing myself all the way across the London full marathon finish line.

.....

It has been a journey, but one of the most exciting energetic, passion, energy driven journeys I've ever been on and the feeling just gets better and better every day.

I will get straight to the point and give you very simple straight forward easy to follow steps to enable you to reach your energy driven goal.

I've been there, from zero energy at rock bottom, to energy levels through the roof each and every day.




I'm the creator of Nutrition mind fitness,
which is a proven strategy to enable you to reach your potential,
feel incredible, and be able to gain the confidence, health and energy you
have always dreamed of.

Implementing easy to follow key steps in eating correctly, exercising
sufficiently, finding more energy, all the while attaining a healthy weight,
both mentally and physically, better skin and glowing complexion.

Bringing enormous positive effects of the easy to implement
Nutrition Mind Fitness framework.

As I said, I'll show you how to **'eat food like it's medicine so you never
have to eat medicine like it's food.'**

So all that being said let's get into the reason why you weren't able to
generate the energy you need to live your best life.



Reason 1 Sleep

You are not getting enough sleep. As you can imagine this section is a whole course all on its own and one that I will be covering in detail within my Nutrition Mind Fitness Program. The truth is many don't get enough quality sleep.

If you're not getting adequate amount of rest and recharge every night, it's like me the idea of a glass of plain water bores you to tears. There is then how do you expect to have the energy to perform your daily actions, actually a multitude of interesting and varied ways of getting that water on board.


A client enrolled on program had no idea why she just wasn't able to sleep each night. The idea that nutrition, exercise, mindset, and routine were all linked to a good quality nights sleep was a huge surprise to her. Add flavours to water,

Even count your water intake from the cups of tea you drink. Stuck in a vicious never ending cycle of complete exhaustion and overwhelm she joined my program. Once she was clear on the simple steps to implement into a daily routine, bit by bit her world started to change.

Instead of constantly concentrating on how to get to sleep each night. She started to implement simple fundamental changes to her daily routine and suddenly experienced almost instantly the ability to fall asleep at night.

Many of us use Sleep medication, this will if anything only give you a short fix.

By implementing these energy releasing techniques, you will start to experience a much better and much deeper sleep experience.

 One quick tip; don't let the last half hour of your day be spent looking at an electronic screen.

←————→

The truth is if you're not getting a good night's sleep, you cannot expect to have the energy for the day ahead.

Fact, your body and mind need recovery and rest to function effectively each and every day.

Reason 2 Nutrition

What foods might be zapping your reserves.

The truth is it's very hard to consume a well balanced diet that will enable your body to achieve maximum output.

Trying to work out what we need to eat, when we need to eat it whilst trying to fit it into our own schedule, all at the same time is very exhausting in itself.

Not eating the right amount of food, not sticking to the right times of day and snacking on the wrong types of food negatively affected my energy levels the most.

When I started to implement a well rounded nutritious diet, regulated and specifically designed for my body and my lifestyle. My energy went through the roof. I found instinctively that, as well as elevating my energy levels my mood started to get better. I started to look brighter, and found everyday tasks much easier.

We all need to start treating our body like the machine it is.

Now I don't mean something out of Terminator with an image of Arnold Schwarzenegger half human half machine.

I mean, in order to get the output we require we need to be putting in the right input.

Eating small frequent meals is a really good place to start.

Five manageable meals a day would do it.

- Breakfast
 - Mid-morning snack
 - Lunch
 - Mid afternoon snack
 - Dinner (evening snack as and when.....listen to your body!)
-

Your brain has very few energy reserves and needs a steady supply of nutrients, hence why getting the right nutrients in can positively affect your mental health. Consuming large amounts of sugar, maybe in your cocoa puffs for breakfast, overindulging during your lunch hour, will both give you a spike in blood sugar and a quick energy boost.

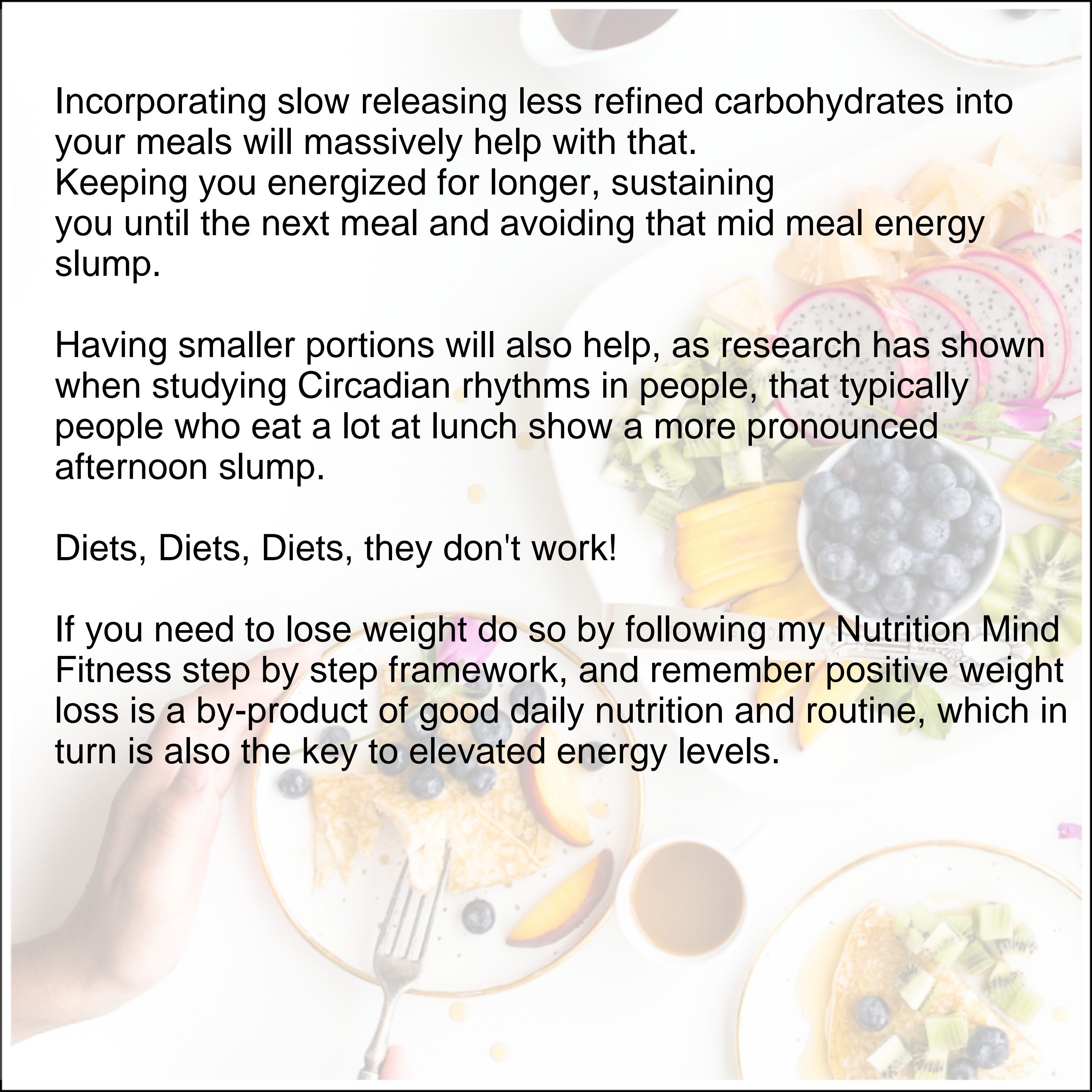
The important word to remember here is quick, it happens quickly and, *you've guessed it*, it also disappears quickly, leaving you with that ever familiar energy slump mid-morning and mid-afternoon.

Incorporating slow releasing less refined carbohydrates into your meals will massively help with that. Keeping you energized for longer, sustaining you until the next meal and avoiding that mid meal energy slump.

Having smaller portions will also help, as research has shown when studying Circadian rhythms in people, that typically people who eat a lot at lunch show a more pronounced afternoon slump.

Diets, Diets, Diets, they don't work!

If you need to lose weight do so by following my Nutrition Mind Fitness step by step framework, and remember positive weight loss is a by-product of good daily nutrition and routine, which in turn is also the key to elevated energy levels.





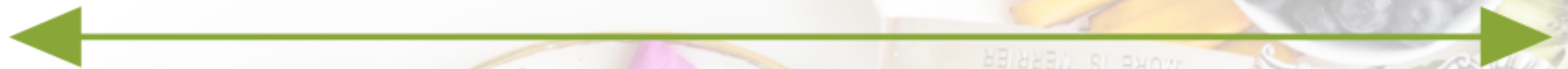
Are you starting to see the pattern here?

Quick fixes don't work, long term is our **goal**.

Nutrition Mind Fitness,

'eating food like it's medicine so you don't have to eat medicine like it's food'

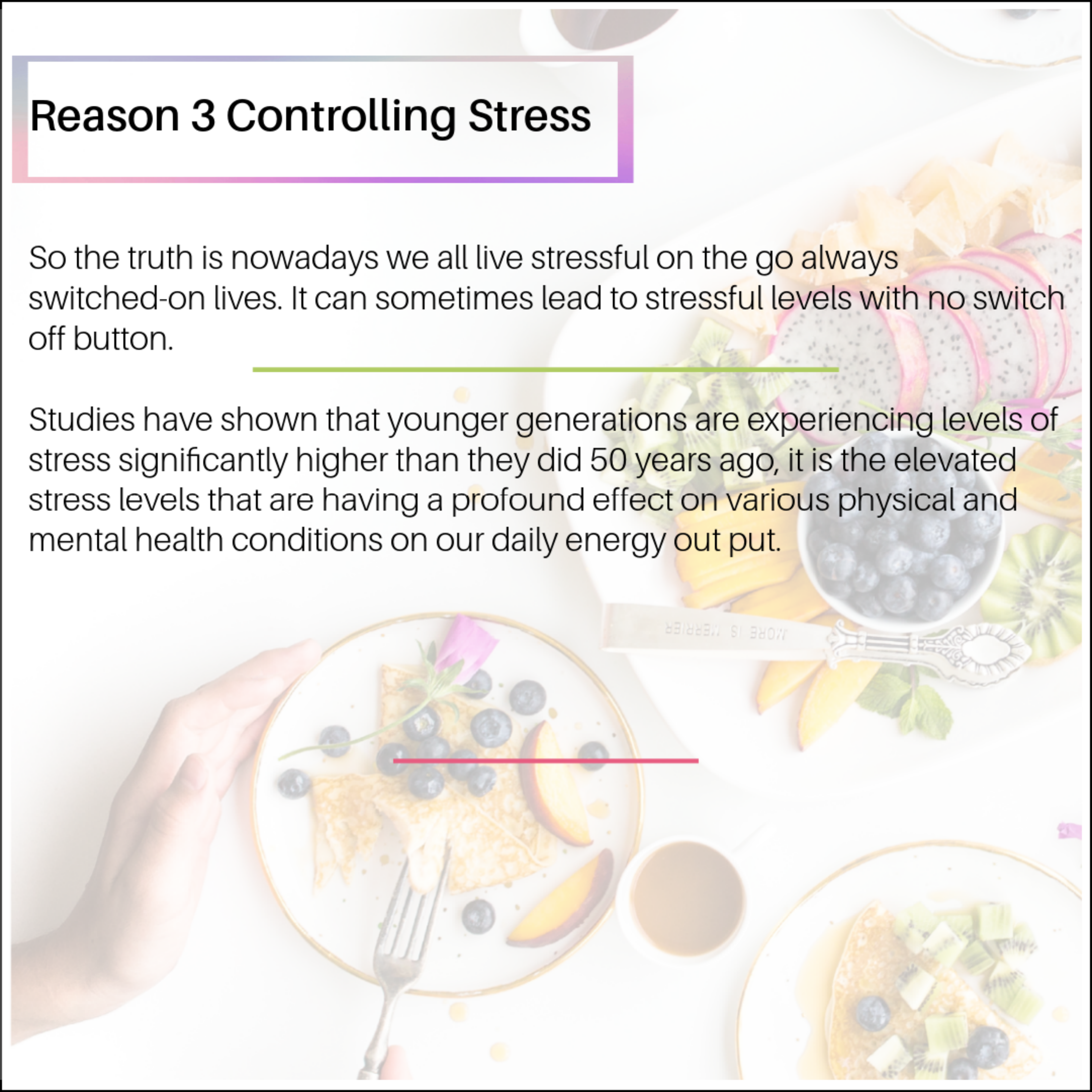
Nutrition Mind Fitness would be a great place to go to fully implement and unlock your nutrition framework to get the energy you need.

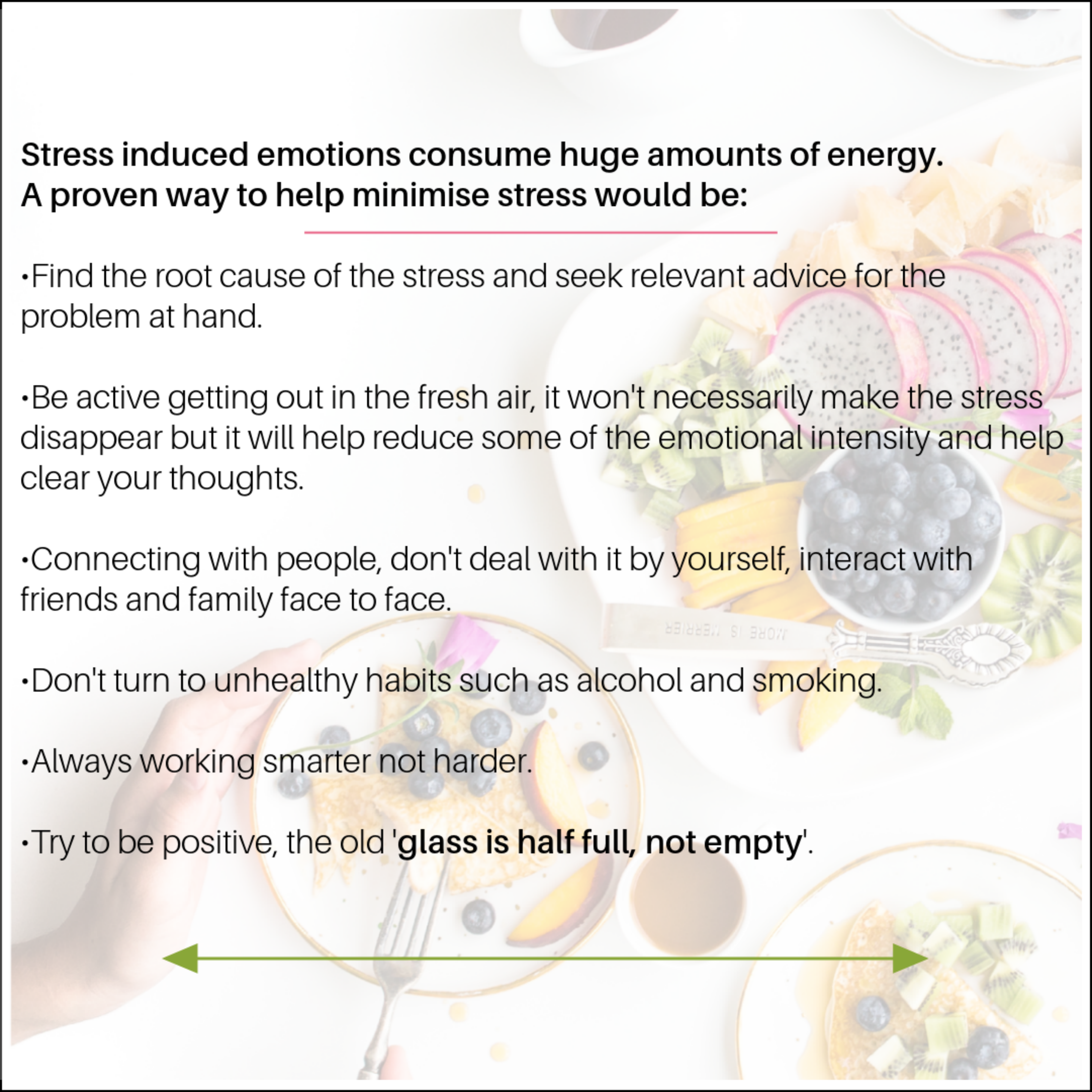


Reason 3 Controlling Stress

So the truth is nowadays we all live stressful on the go always switched-on lives. It can sometimes lead to stressful levels with no switch off button.

Studies have shown that younger generations are experiencing levels of stress significantly higher than they did 50 years ago, it is the elevated stress levels that are having a profound effect on various physical and mental health conditions on our daily energy out put.





**Stress induced emotions consume huge amounts of energy.
A proven way to help minimise stress would be:**

- Find the root cause of the stress and seek relevant advice for the problem at hand.
- Be active getting out in the fresh air, it won't necessarily make the stress disappear but it will help reduce some of the emotional intensity and help clear your thoughts.
- Connecting with people, don't deal with it by yourself, interact with friends and family face to face.
- Don't turn to unhealthy habits such as alcohol and smoking.
- Always working smarter not harder.
- Try to be positive, the old '**glass is half full, not empty**'.

Reason 4 Water

As you can imagine this section is a whole course all on its own and one that I will be covering in detail within my Nutrition Mind Fitness Program.

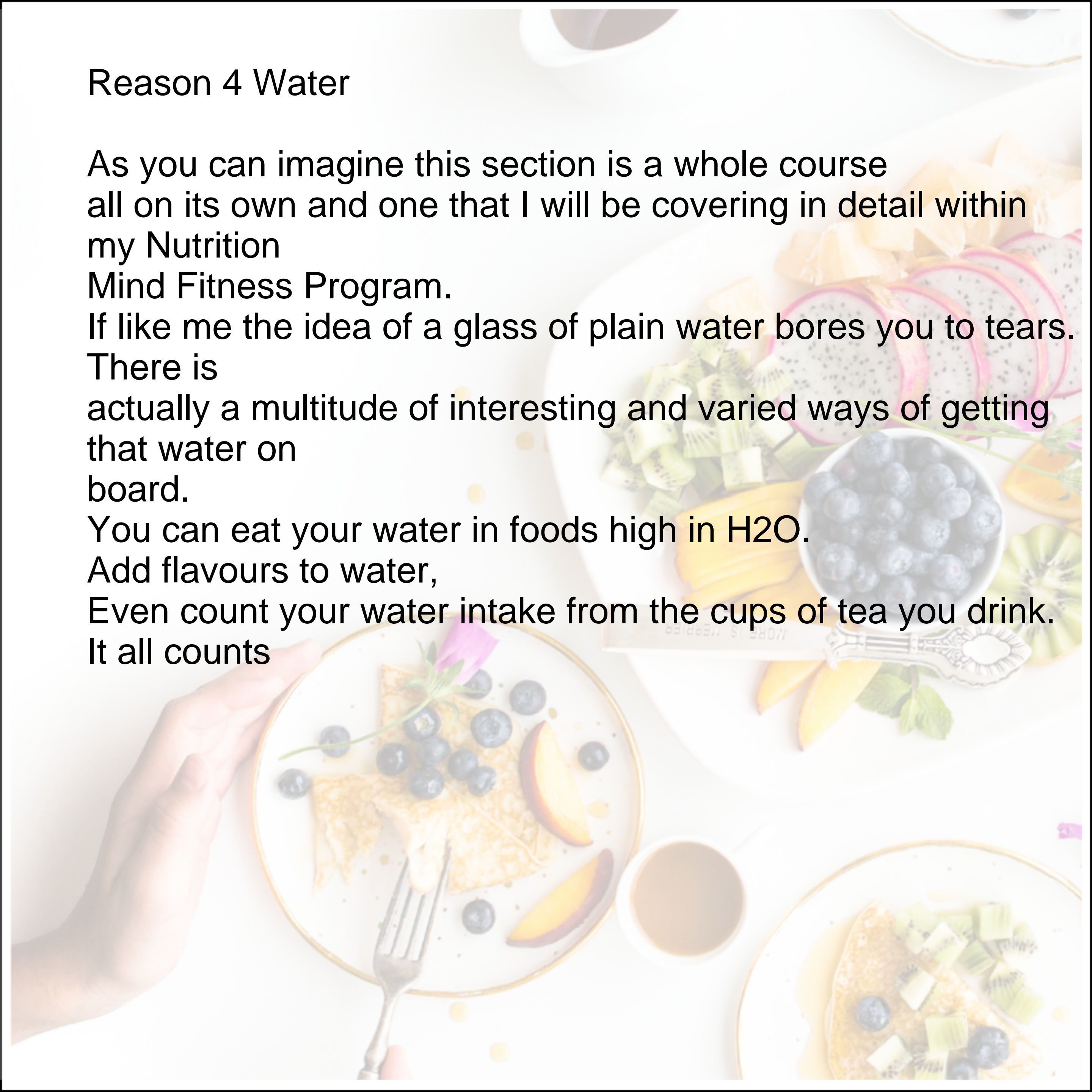
If like me the idea of a glass of plain water bores you to tears. There is actually a multitude of interesting and varied ways of getting that water on board.

You can eat your water in foods high in H₂O.

Add flavours to water,

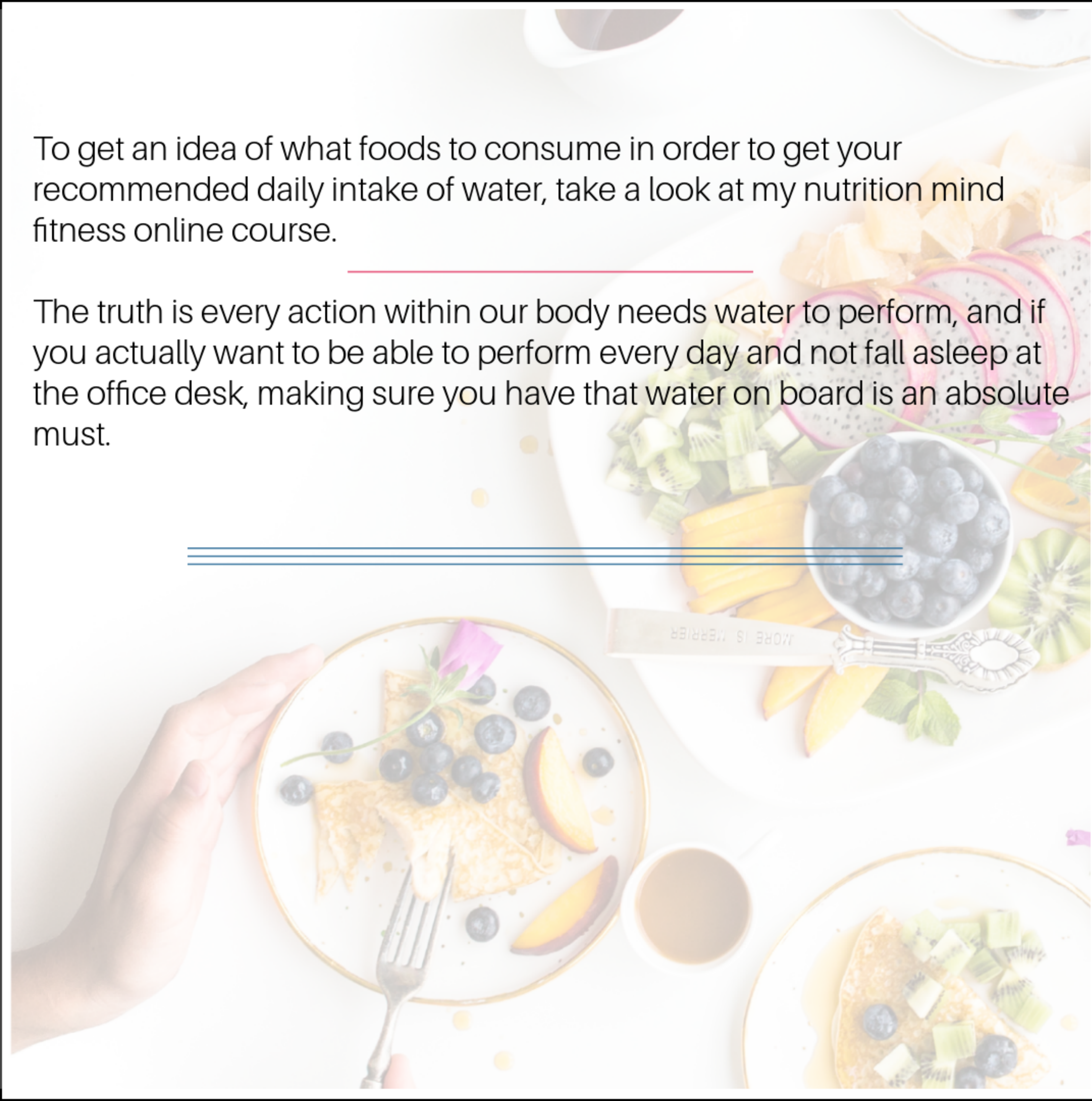
Even count your water intake from the cups of tea you drink.

It all counts



To get an idea of what foods to consume in order to get your recommended daily intake of water, take a look at my nutrition mind fitness online course.

The truth is every action within our body needs water to perform, and if you actually want to be able to perform every day and not fall asleep at the office desk, making sure you have that water on board is an absolute must.



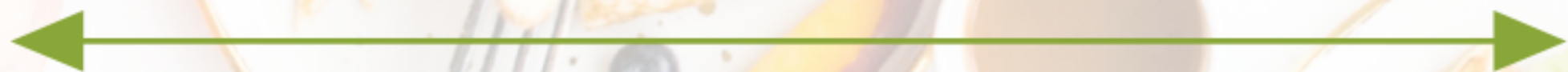
Reason 5 Exercise

Wow, the truth is we need energy to exercise. However, what most don't realise is exercise actually generates energy.

It might sound strange but it's true, moving more can give you more energy.

Here comes the science.....

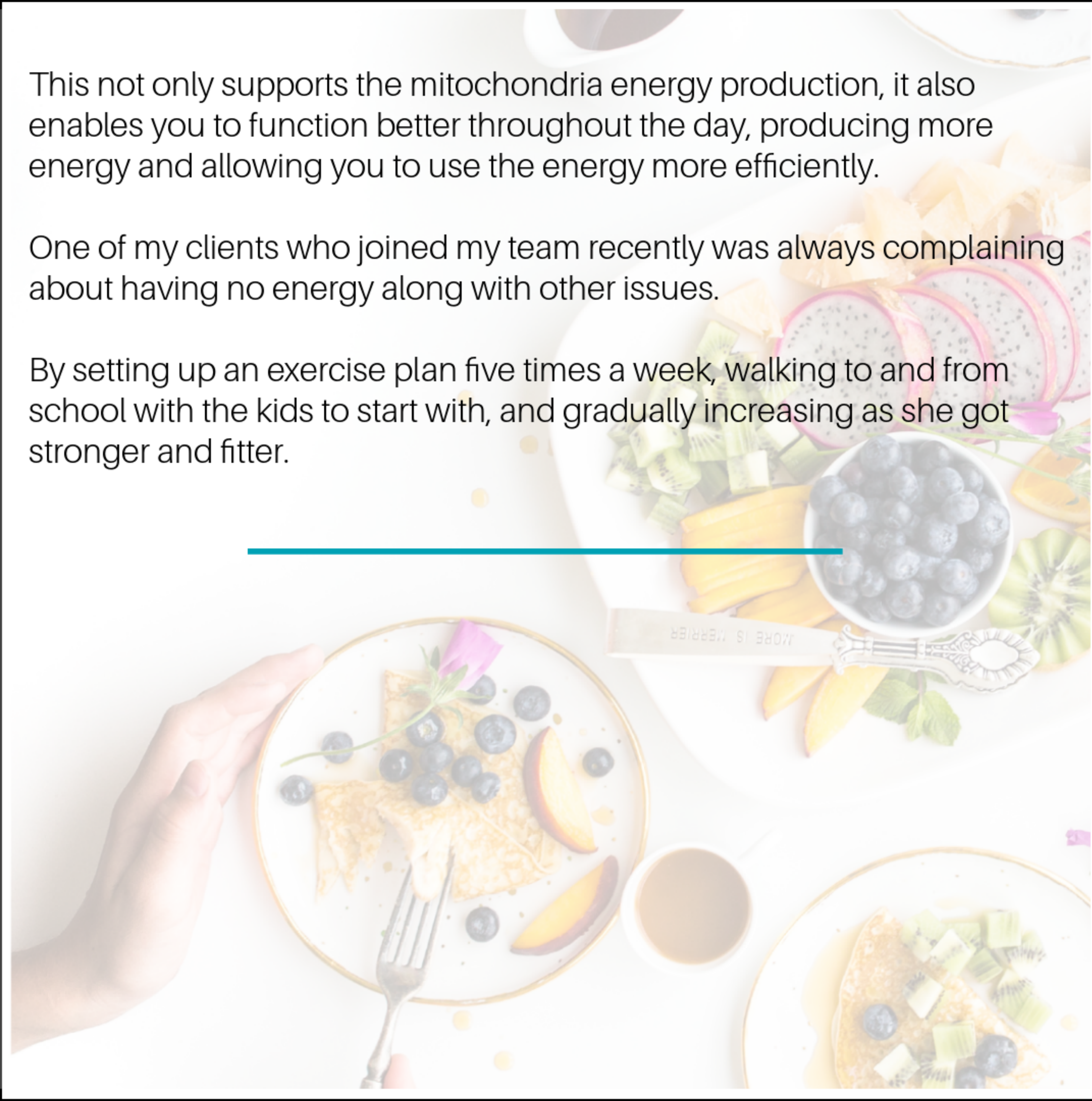
- When you exercise cellular level changes occur.
- The exertion you are generating through exercise produces more mitochondria inside your muscle cells.
- Mitochondria being the powerhouse within your cells increases your body's energy supply, the more they are produced.

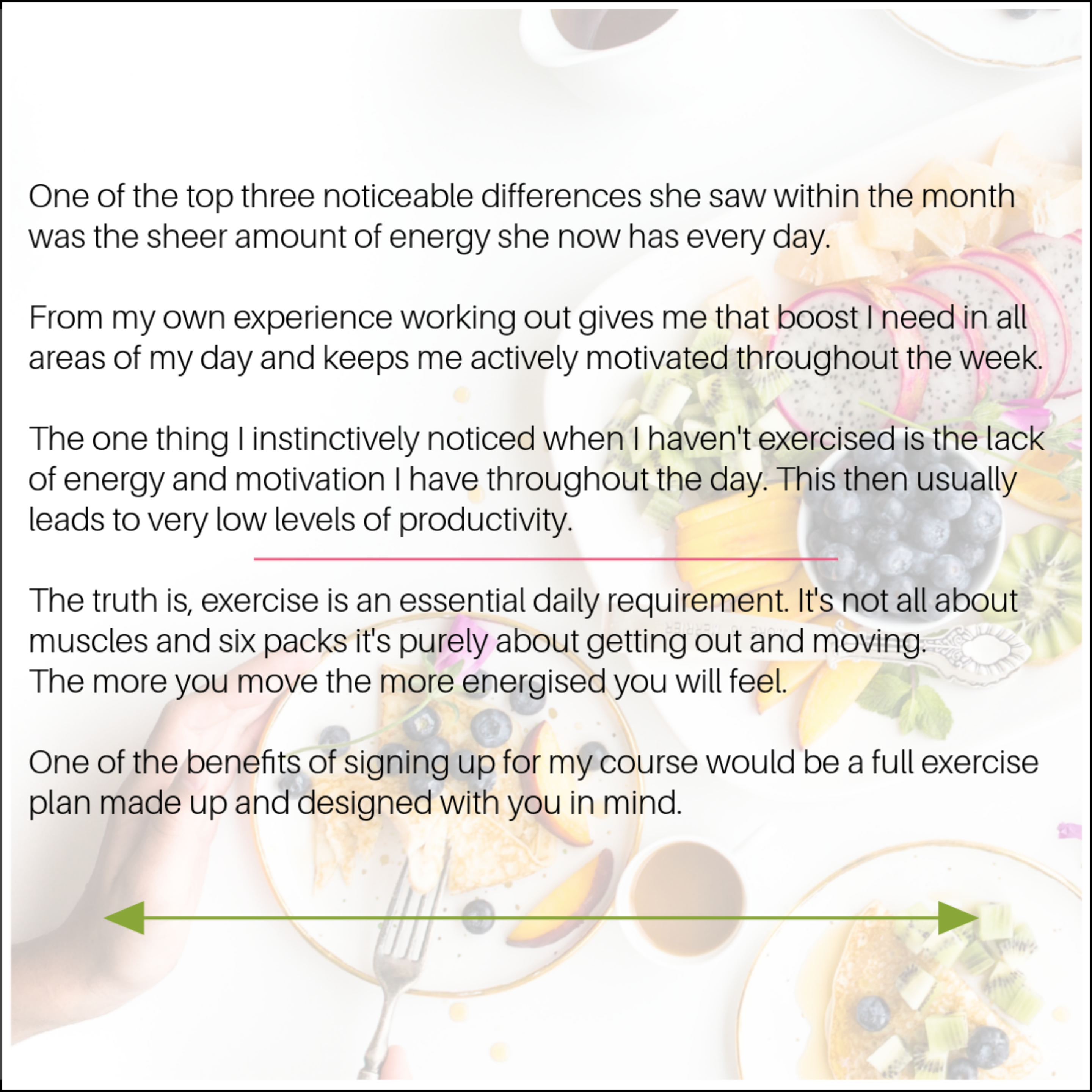


This not only supports the mitochondria energy production, it also enables you to function better throughout the day, producing more energy and allowing you to use the energy more efficiently.

One of my clients who joined my team recently was always complaining about having no energy along with other issues.

By setting up an exercise plan five times a week, walking to and from school with the kids to start with, and gradually increasing as she got stronger and fitter.






One of the top three noticeable differences she saw within the month was the sheer amount of energy she now has every day.

From my own experience working out gives me that boost I need in all areas of my day and keeps me actively motivated throughout the week.

The one thing I instinctively noticed when I haven't exercised is the lack of energy and motivation I have throughout the day. This then usually leads to very low levels of productivity.

The truth is, exercise is an essential daily requirement. It's not all about muscles and six packs it's purely about getting out and moving. The more you move the more energised you will feel.

One of the benefits of signing up for my course would be a full exercise plan made up and designed with you in mind.



Reason 6 cutting down on alcohol intake

Okay, let's be honest, we all probably know that cutting down on alcohol intake can really bring out some positive effects on our body and mind.

- Improve mental health and bring about better long term physical health.
- As well as a healthier appearance.

One big advantage that many don't consider is the positive effects cutting down on alcohol has on our energy levels.

Not only will drinking less sufficiently help you sleep better, which in turn will naturally increase energy levels. It will also help regulate your vitamin B levels which are critical for sustained energy levels.



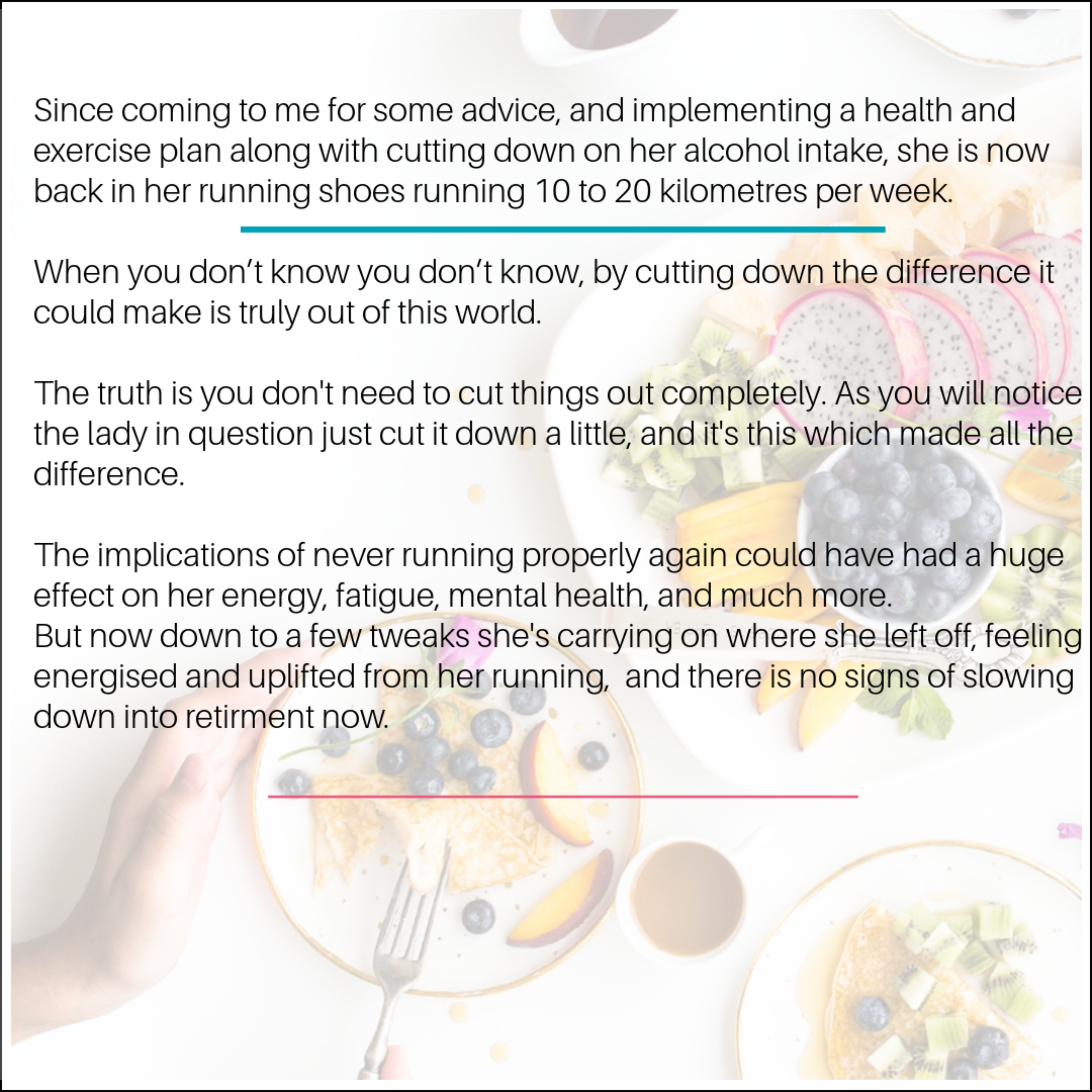
Drinking depletes your supply of vitamins B.

As well as increased energy levels you may notice an impact on your energy and focus. More energy is definitely a by-product of cutting back on the alcohol consumption.

←————→
I'm sure we all have experienced excess fatigue and lack of performance, the day after a heavy night out.

A 65 year old client of mine heavily into her running, and had been all her life started to complain of pain in her knee. This pain was causing her to hang up her running shoes putting it down to old age.

She was on the verge of stopping running altogether, something that very much had played a huge part in her life, physically and mentally for years.



Since coming to me for some advice, and implementing a health and exercise plan along with cutting down on her alcohol intake, she is now back in her running shoes running 10 to 20 kilometres per week.

When you don't know you don't know, by cutting down the difference it could make is truly out of this world.

The truth is you don't need to cut things out completely. As you will notice the lady in question just cut it down a little, and it's this which made all the difference.

The implications of never running properly again could have had a huge effect on her energy, fatigue, mental health, and much more.

But now down to a few tweaks she's carrying on where she left off, feeling energised and uplifted from her running, and there is no signs of slowing down into retirement now.

Reason 7 Routine

Saving the best for last.

The truth is we very much need to compile all of the points raised consistently to keep ourselves energised and sustained throughout each and every day.

However, the reality is you only really need to make little tweaks and slight alterations to your daily routine to achieve it.

It takes 30 days to form a habit, 90 days to form a lifestyle.

This is something I tell all my clients and team, setting a daily routine and constantly sticking with it is a sure fire way to enable yourself to create the daily energy you need to see you through the day.

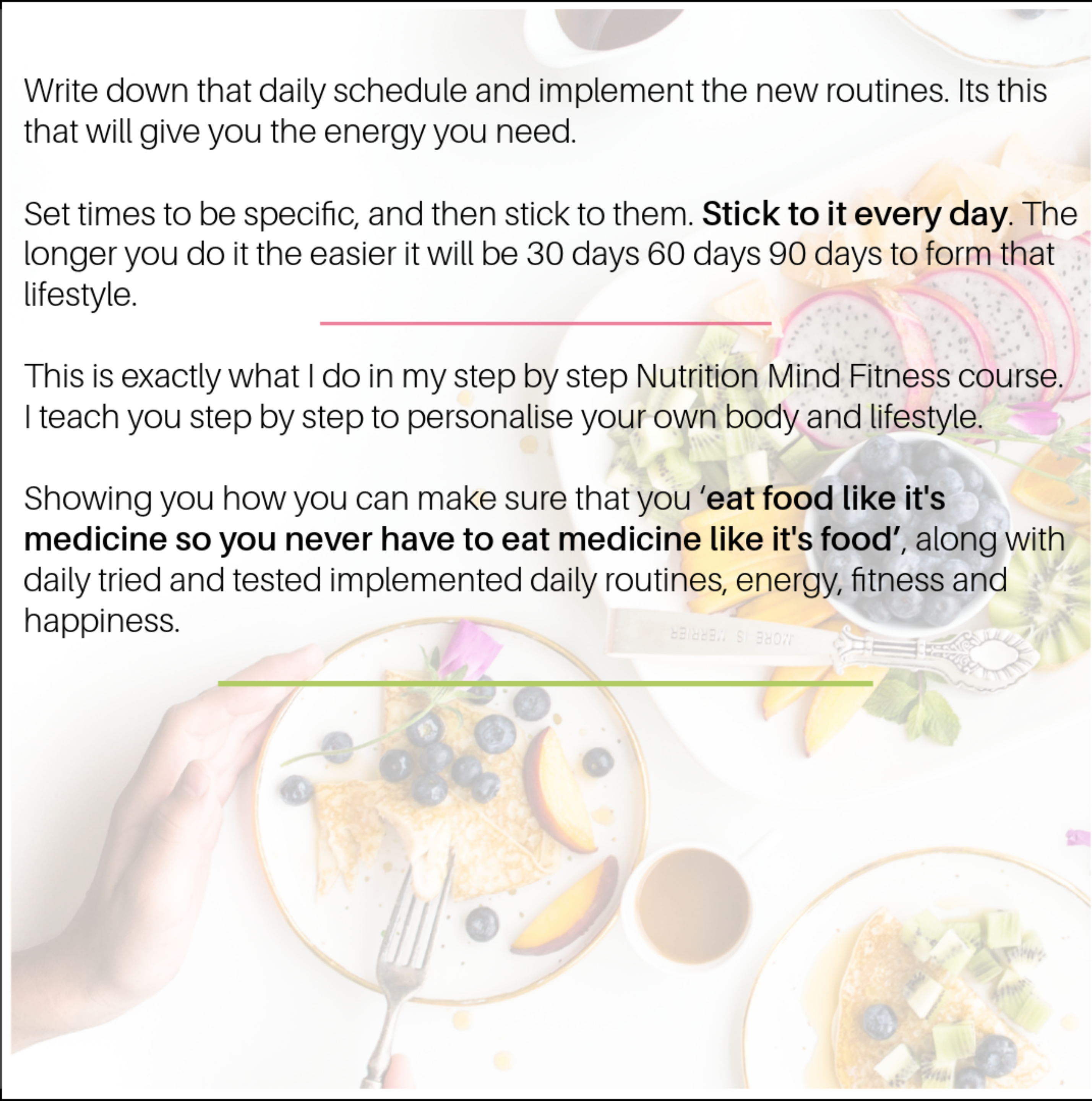
The bonus is through implementing all the activities we have discussed you will not only get that **energy locked in**, It will also help with overall health, appearance, weight conditions, mental health and much more.

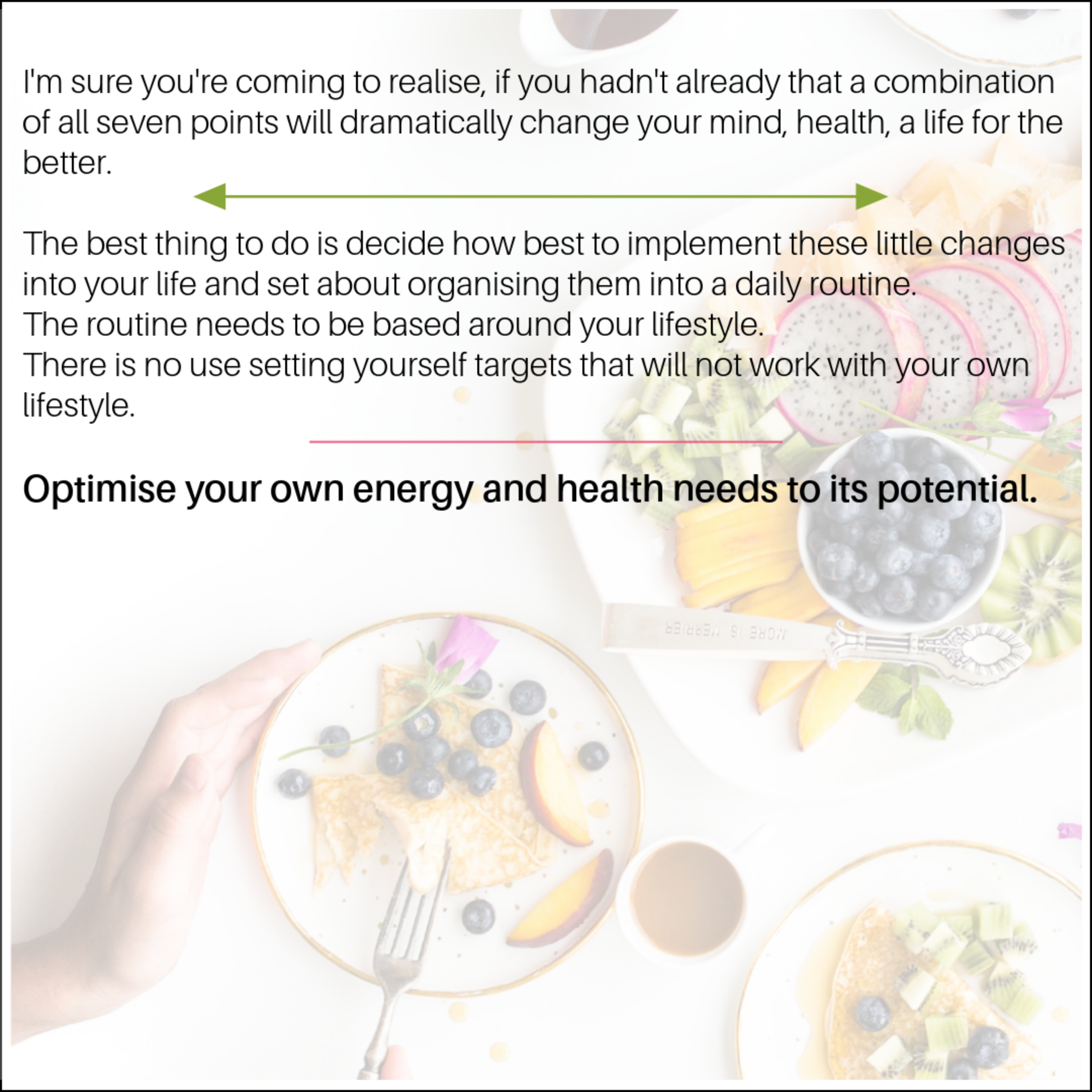
Write down that daily schedule and implement the new routines. Its this that will give you the energy you need.

Set times to be specific, and then stick to them. **Stick to it every day.** The longer you do it the easier it will be 30 days 60 days 90 days to form that lifestyle.

This is exactly what I do in my step by step Nutrition Mind Fitness course. I teach you step by step to personalise your own body and lifestyle.

Showing you how you can make sure that you '**eat food like it's medicine so you never have to eat medicine like it's food**', along with daily tried and tested implemented daily routines, energy, fitness and happiness.



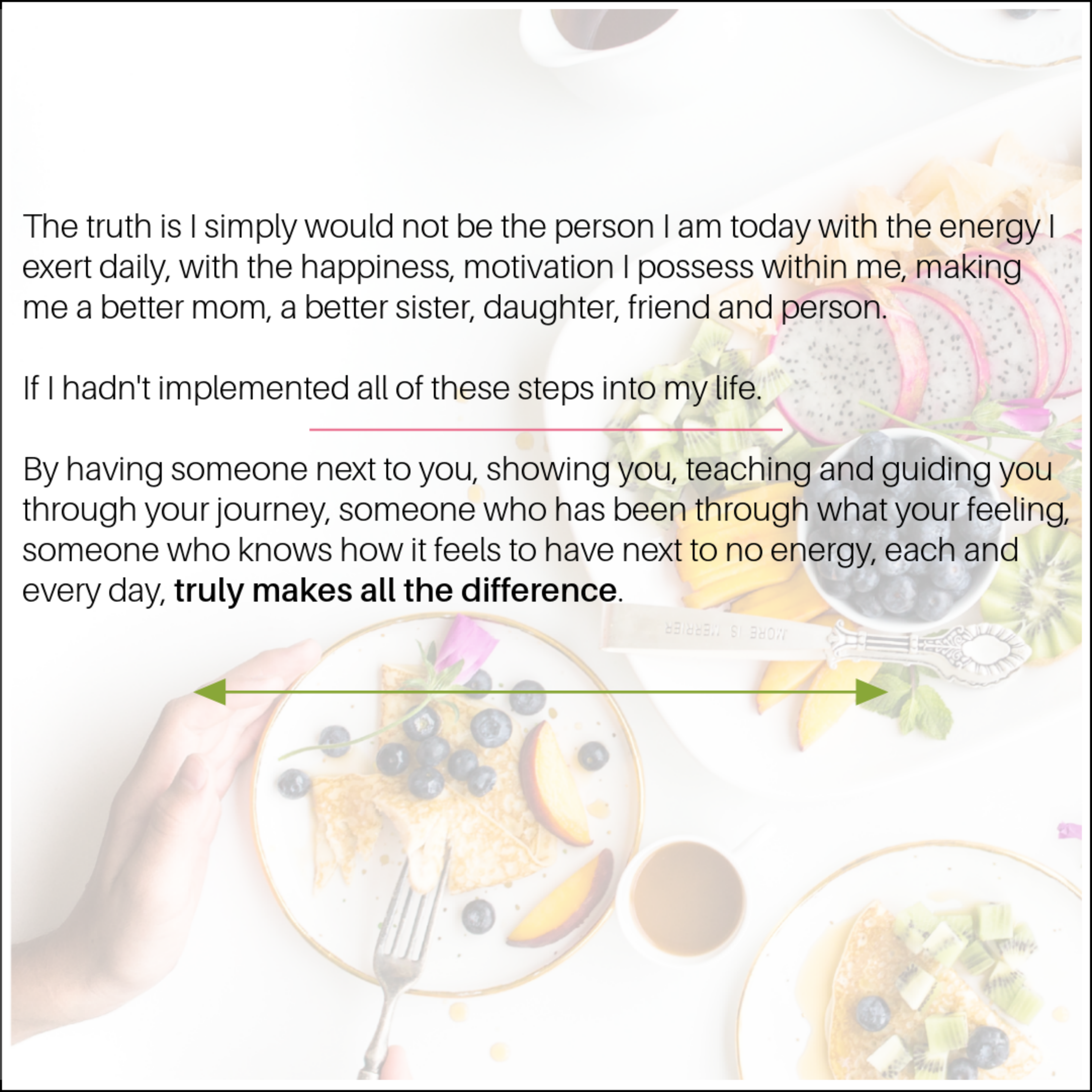


I'm sure you're coming to realise, if you hadn't already that a combination of all seven points will dramatically change your mind, health, a life for the better.



The best thing to do is decide how best to implement these little changes into your life and set about organising them into a daily routine. The routine needs to be based around your lifestyle. There is no use setting yourself targets that will not work with your own lifestyle.

Optimise your own energy and health needs to its potential.



The truth is I simply would not be the person I am today with the energy I exert daily, with the happiness, motivation I possess within me, making me a better mom, a better sister, daughter, friend and person.

If I hadn't implemented all of these steps into my life.

By having someone next to you, showing you, teaching and guiding you through your journey, someone who has been through what your feeling, someone who knows how it feels to have next to no energy, each and every day, **truly makes all the difference.**

I know because I've been there!

Incorporating slow releasing less refined carbohydrates into your meals will massively help with that. Keeping you energised for longer, sustaining you until the next meal and avoiding that mid meal energy slump.

Implement this guide and see the transformation take place before your very eyes. Having smaller portions will also help, as research has shown when studying Circadian rhythms in people, that typically people who eat a lot at lunch show a more pronounced afternoon slump.

A massive thank you for taking the time to read this guide. I know it's not always easy to implement new things into your life, but being around people that truly care about you is the next step to really helping you get what you want.

If you need to lose weight do so by following my Nutrition Mind Fitness step by step framework, and remember positive weight loss is a by-product of good daily nutrition and routine, which in turn is also the key to elevated energy levels.

Join our private Facebook group here.

<https://www.facebook.com/groups/nutritionmindfitness>