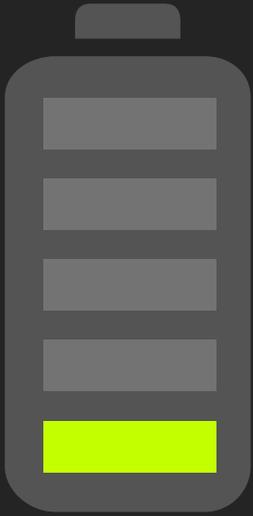




YOU CAN  
**FEEL**  
*Better!*

*The* **5-DAY**  
**ENERGY**  
*Challenge*



# WELCOME

---

## Welcome to Your 5-Day Energy Challenge!

Do you ever hit that mid-afternoon slump? Feel like you need a caffeine pick-me-up to make it through the day? Ever wake up *more* tired than when you went to bed? Or maybe it's not so noticeable... maybe you just don't feel like your best self.

If you've ever felt this way, you're not alone.

Studies show that most people feel tired at least three days a week, with many of them saying they are tired almost every day.

**It **doesn't** have to be this way!**



# You actually have a LOT more control over your energy than you might think.

This challenge will help you reignite your “spark” to help you live your biggest, boldest, and best life.

I’m excited for you to dive in and get started!

**Action Step: If you haven’t already, be sure to join our Facebook Group (Design Fitness Centre) and join our community of like-minded individuals.**

Committed to Your Success,



*Design Fitness Centre*



## IMPORTANT

*If you think you have a medical issue contributing to your lack of energy, be sure to see your healthcare provider.*

# HOW THIS CHALLENGE WORKS

- 1** Join our **Facebook Group** ([Design Fitness Centre](#)) for extra coaching and support.
- 2** Read this guide for the **Hows & Whys** of your daily energy-boosting actions.
- 3** Print out your **Daily Cheat Sheets** at the end of this ebook.
- 4** Pick 5 days on your calendar when you will begin your challenge.
- 5** During the challenge, fill out your Cheat Sheets to **monitor your progress**.



**BONUS STEP:** Keep a journal to record your thoughts as well as how you feel throughout the five days.





**REBUILD YOUR STRENGTH,  
REGAIN YOUR BALANCE,  
REVIVE YOUR ENERGY,  
REFRESH YOUR MIND,  
REKINDLE YOUR SOUL.**

**UNKNOWN**



# OWN YOUR ENERGY

---

This first step is where it all starts. And it's crucial to take action on it even BEFORE our challenge begins:

It's time to **OWN YOUR ENERGY LEVEL.**

This means it's up to YOU to charge your own batteries!

We get it: When you're feeling tired and blah, it can feel tempting to sink into the couch for a Netflix marathon... and maybe even doze off for a while.

But if you're ready to create real change, it's time to **LEAN INTO** your life and your vitality: mind, body, and spirit.

**Energy creates energy.**

**Before your challenge begins, make a conscious effort to:**

- 1** *Get up and move more frequently ... even if it's just for 5 minutes!*
- 2** *Notice the times of day, activities, or specific foods that make you feel more energized.*
- 3** *Pay attention to your self-talk. Is it positive and motivating... or harsh and critical?*
- 4** *Think about WHY you want to feel more energy.*

**Be intentional.**

These actions can help jumpstart the spark for a successful energy challenge.





# YOUR QUICK-CHARGE, ENERGY BOOSTING ACTIONS

## CHECKLIST

*5 things to jumpstart your battery right now!*

- ✓ Move your body
- ✓ Eat an energy-friendly diet
- ✓ Have a big drink of water
- ✓ Go outside for some sunshine & fresh air
- ✓ Meditate or do mindfulness breathing





**THE HIGHER YOUR  
ENERGY LEVEL, THE MORE  
EFFICIENT YOUR BODY.  
THE MORE EFFICIENT  
YOUR BODY, THE BETTER  
YOU FEEL AND THE MORE  
YOU WILL USE YOUR  
TALENT TO PRODUCE  
OUTSTANDING RESULTS.**

**ANTHONY ROBBINS**





# MOVE YOUR BODY

---



When you feel tired, the last thing you may want to do is MOVE – but it’s actually one of the BEST things you can do to feel energized.

It pays off almost immediately.

You can do a quick workout, take a walk around the block, put on some music and dance around the room, play with your kids, or grandkids, or throw the ball with the dog. It doesn’t really matter what you’re doing as long as you’re moving your body!

This will help boost your energy in (at least) four different ways, both short- and long-term.

- 1** It will boost oxygen circulation in your body, helping the tiny powerhouses in your cells (mitochondria) produce more energy.
- 2** Moving raises the level of your energy- and mood-boosting hormones.
- 3** It helps train your body to use energy more efficiently.
- 4** It'll help you produce even more of the mitochondria powerhouses inside your muscle cells, expanding your overall foundation of energy.



Over the long term: **Design Fitness Centre's** well rounded class schedule, can help you with an exercise routine that will 1) help your body become more efficient, 2) work with your current fitness level, and 3) boost your battery by building more muscle.





# EAT AN ENERGY-FRIENDLY DIET

---



Discover the foods that leave you bouncing with natural energy.

This challenge is not about relying on high-octane energy drinks and coffee. While they might give you a quick energy burst ... they actually can end up sapping your energy, both through an energy “crash” after the immediate effects wear off and by interfering with your sleep.

**Instead, we'll focus on a three-step process that delivers long-term results.**

#1

**First, eliminate energy zappers** like ultra-processed foods (chips, cookies, crackers, anything made with refined flour) and drinks with added sugar and caffeine (sodas, coffees, etc.).

#2

**Second, add in energy-boosting whole foods** like lean proteins, vegetables, fruits, healthy fats, legumes, and whole grains.

#3

**Third, monitor your overall food intake.** Food is fuel! Taking in too little (or too much) can also leave you feeling fatigued.

If you're struggling to find the balance, this is another area where coaching can help.

**The 6-WEEK SPRING CHALLENGE** can help you discover a long-term food formula that works for you – one that's both satisfying AND energy-producing. Skills you can use moving into the future.





# TAKE A BIG DRINK OF WATER



**FAST FACT:** Being just 1%-3% dehydrated can make you feel tired and unfocused.

Plus, it can also affect your mood and memory, negatively impact your mental and physical performance, and even leave you feeling anxious.

There's a lot of confusing info about exactly how much water you need. This is because it depends on your activity level, your size, your weather climate, if you're pregnant or breastfeeding, and your unique physiology.



The U.S. National Academies of Sciences, Engineering, and Medicine reports that an adequate daily fluid intake is:

- *About 15.5 cups (3.7 liters) of fluids a day for men*
- *About 11.5 cups (2.7 liters) of fluids a day for women*

Start there and see how you feel. Drink more when you're sweating or active.



## Tips for drinking more water:

- 💧 Use a tracking app on your phone to remind you to drink more (*there are a ton of water reminder apps*).
- 💧 Every time you go to the bathroom, take a drink.
- 💧 Set a timer on your phone to drink a cup every hour or so.
- 💧 Make sure you drink water before, during, and after your workouts.

# GET OUTSIDE



**Shocking Stat: In a survey conducted in 44 cities, people reported spending only 2% of their time outdoors!**

The rest of their time was spent indoors or traveling to and from work or other indoor destinations.

**How much time do YOU spend outside?!**

Spending just a fraction of your day outside can boost your energy big time!

In fact, another study found that 90% of people say they feel more energy when they do activities outside.

 ***It only takes 20 minutes a day outdoors to significantly boost your energy,*** according to research. Plus, it can help you get a natural dose of vitamin D, which is linked with many health benefits.

**Bonus: You'll notice a difference after your very first 20-minute session.**





# PRACTICE MEDITATION

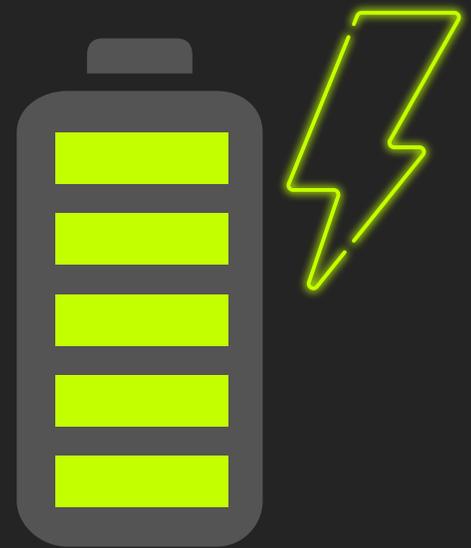
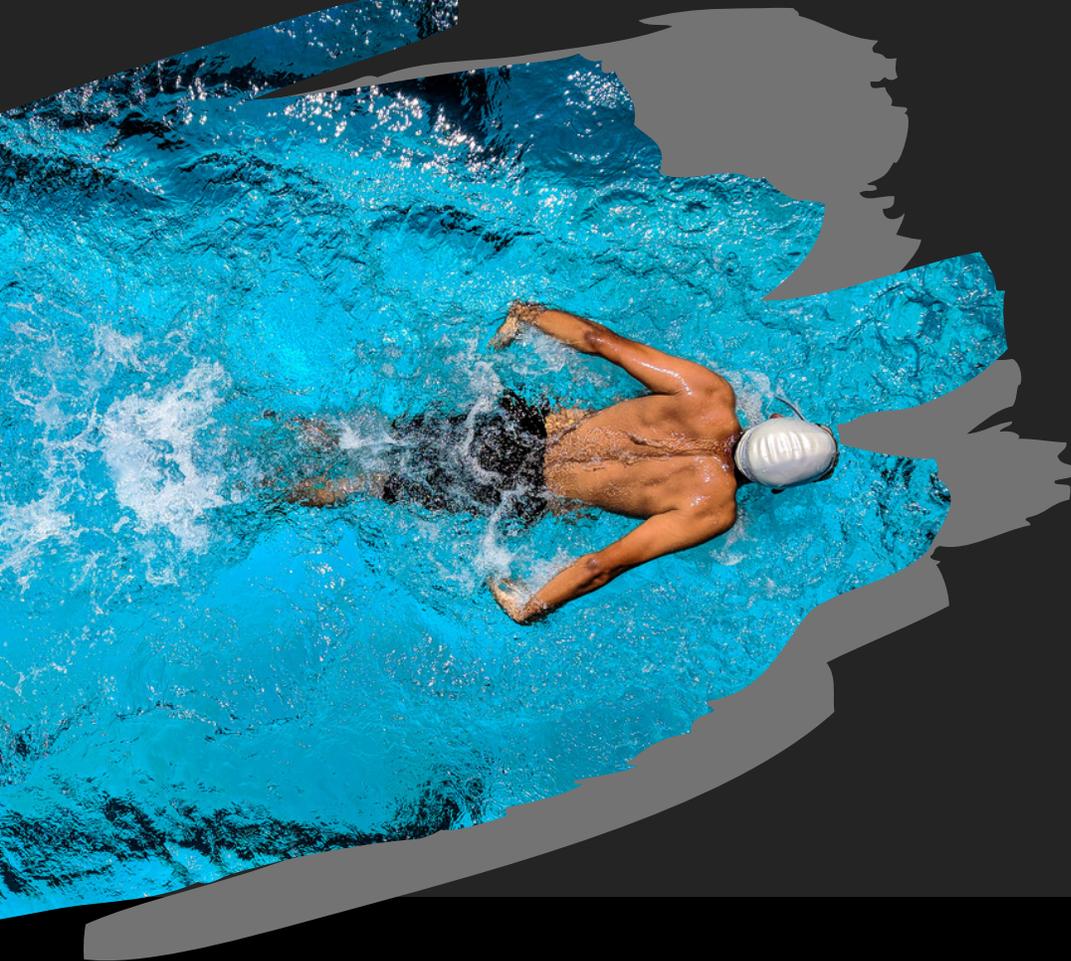


Taking 20-25 minutes to meditate or do yoga can boost your brain function and energy levels almost immediately.

That's according to a study done at the University of Waterloo, which found that doing 25 minutes of Hatha yoga or mindfulness meditation improved "executive functions" in the brain – thinking patterns, emotional responses, and related actions.

The scientists theorize this "energy and brain boost" combo could be the result of mood-boosting hormones like endorphins, increased blood flow to the brain, as well as a reduced focus on negative thoughts.

If 20 minutes is too much to start with... **try just 3 minutes!** It's amazing how refreshed you can feel after such a short time. Try the Yogilates class on Saturdays.



## **BUILD A BIGGER**

# **BATTERY**

---

We've just covered 5 quick energy boosters you can take to give yourself a fast shot of natural energy.

Next, we're going to talk about **5 longer-term actions** that you can take to ramp up the size of your battery – i.e., your overall energy capacity.

This can help you build even more stamina and endurance to power you through even your busiest days.



**THE MORE POSITIVE  
ENERGY YOU PUT  
OUT, THE MORE  
YOU'LL GET BACK.**

**- UNKNOWN**



# GET ENOUGH QUALITY SLEEP

Aim for at least 7-8 hours a night. Go to bed early enough so this is a real possibility!

## Sleep Tips

- ✓ Set your room up for sleep success: it should be cool, dark, quiet, and comfortable.
- ✓ Avoid blue light from your phone or other devices for a couple of hours before bed.
- ✓ Don't drink alcohol before bed. While a "nightcap" can initially make you sleepy, you might find that you wake up a couple hours later.



## #2

# SET UP YOUR MORNING FOR SUCCESS

Create a **morning routine** that boosts and supports your energy. It can take a little trial and error because what works for one person might not work for someone else.

- *Does a big glass of water first thing in the morning help you feel refreshed?*
- *How about a cold shower?*
- *What breakfast foods keep you feeling full and energized, vs. tired and hungry a little while later?*
- *Does exercise early in the morning add energy to your day ... or do you feel better if you work out later on?*
- *Do caffeinated beverages make you feel tired once the initial "pick-me-up" has passed?*

When you find something that works for YOU, make it part of your normal routine.



## #3

# GET RID OF CHRONIC STRESS

Some stress in your life is normal and can even be healthy. It means you are challenging yourself. But too much stress over the long term can rob you of your energy and your health.

**The fix: have an everyday stress management plan in place to help you control stress before it controls you.**

Here's the bonus: almost everything that you do to stay healthy and energized will also help you become more resilient against stress:



- ✓ *Exercise*
- ✓ *A Healthy Diet*
- ✓ *Sleep*
- ✓ *Time Spent Outdoors*
- ✓ *Meditation/Breathing/Spiritual Practice*

If you make those activities a regular part of your life, you will be well on your way to being equipped to deal with everyday stress.

## #4

# UPGRADE YOUR SELF TALK

Do you ever notice a little voice in your head narrating your day and thoughts for you?

It's worth paying attention to because it can have a lot more of an impact on you than you may think!

If the words are positive, they can lift you up – but if they are critical or negative, they can drag you down in a big way.



### Here's an example:

*If you have a constant dialogue in your head about how tired you feel, how stressed you are, or how overcommitted your schedule is ... or if the voice is constantly negative and is criticizing you ...*

*... it's definitely **not** helping you to feel better or more energized!*

Research shows that positive self-talk can create a more optimistic outlook that leads to more vitality and satisfaction with your life. It also can help cut stress.

Plus, it's linked with important health benefits like stronger immune function, less pain, better heart health, and even a lower risk of death.



# #5

## CREATE A POSITIVE SOCIAL CIRCLE

One thing we've definitely learned over the past few years is the importance of having a strong and positive social network.

Your social connections actually play a big role in helping you stay healthy.

Being socially isolated is linked with feeling tired and a downcast mood, especially as you get older.

If this is an area you struggle with, make an effort to schedule outings with friends, join a class or a club, **check out our LIVE small GROUP TRAINING CLASSES**, or try fun, new hobbies!

# COMMIT TO LIVE EACH DAY TO THE FULLEST

We hope this guide and mini-challenge helps you rediscover the “spark” to fuel a happier and healthier life!

You’ll be amazed at how much better you’ll feel by incorporating energy-boosting actions into your life ... because not only will they give you added “oomph” to power through your days ... but they also go hand-in-hand with improved health and wellness!

At **Design Fitness Centre**, we specialize in helping our clients feel fit, strong, and healthy – and feel amazing (and empowered) every step of the way!



## Here are just a few ways we work with our clients:

- ✓ *A proven, results-driven plan so you know what to do and when to do it*
- ✓ *Motivation*
- ✓ *Accountability*
- ✓ *Support*
- ✓ *Coaching in other areas that affect your results (stress, sleep, workouts, and more)*



**READY TO GET  
STARTED AT HOME  
OR IN-PERSON?**



**UNLIMITED  
INTRO  
MEMBERSHIP!**



If you're ready to upgrade your health/fitness, we're here for you!

Simply click the picture below and get started today!

Don't put off feeling great any longer ... and wishing you had done it sooner!

We would be honoured to be part of your fitness & wellness journey.



*TERRY*

[designfitness@sentex.net](mailto:designfitness@sentex.net)

# 5-DAY CHALLENGE DAILY ENERGY CHEAT SHEET

**"Energy creates energy. It is by spending oneself that one becomes rich."**

SARAH BERNHARDT

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5



15+ MINUTES OF EXERCISE OR MOVEMENT



ENERGY-BOOSTING FOOD CHOICES



DRANK AT LEAST 8 GLASSES OF WATER



SPENT 15 MINUTES OUTDOORS



MEDITATED OR DID YOGA FOR 20 MINUTES

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

## REFLECTION:

What gives me the biggest energy boosts throughout the day?

# REFERENCES

---

<https://www.healthline.com/nutrition/7-health-benefits-of-water>

<https://www.healthline.com/nutrition/how-to-boost-energy>

<https://www.health.harvard.edu/staying-healthy/4-simple-ways-to-boost-your-energy>

<https://www.healthline.com/nutrition/energy-boosting-foods>

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>

<https://www.nature.com/articles/7500165>

<https://www.rochester.edu/news/show.php?id=3639>

<https://www.healthline.com/health/positive-self-talk>

<https://www.healthline.com/health/mental-health/internal-monologue>

<https://www.sciencedaily.com/releases/2017/09/170906103416.htm>