



# How to **Boost** Energy in 7 Days

Without Chugging More Coffee!

@matty.humblewarrior



✗ Tired ALL the time?

✗ Afternoon crashes?

✗ Relying on coffee to get thru?

✓ Here's how to fix it in 7 days...  
naturally!



# Get Morning Sunlight

10-20 MINUTES OF DIRECT SUNLIGHT ON YOUR  
FACE SETS YOUR CIRCADIAN RHYTHM FOR THE DAY

IT TELLS YOUR BRAIN IT'S THE START OF THE DAY  
AND KICK YOUR BODY CLOCK INTO GEAR

## ACTION STEP

DO IT AS EARLY AS YOU CAN WITH A WALK,  
COFFEE ON YOUR BALCONY OR BEFORE YOUR DAILY  
WORKOUT ETC...



# Use a **pre-workout** carbohydrate

CARBS WILL PROVIDE A DIRECT FUEL SOURCE FOR INCREASED WORKOUT PERFORMANCE AND RECOVERY

YOU WANT ABOUT 50% OF YOUR BODYWEIGHT IN CARBS ABOUT 30-60 MINUTES BEFORE. WHAT THE HELL DOES THAT EVEN MEAN? (AND IT'S NOT WHAT YOU THINK)

## **ACTION STEP**

3-4 SNAKES, 2-3 DATES, 1/2 BANANA. 1 CRUMPET WITH JAM. LOW IN FIBRE, FAT AND PROTEIN



# Move Every 60-90 Minutes

SITTING TOO LONG MAKES YOUR BODY AND BRAIN SLUGGISH. I DON'T MEAN DO A WORKOUT, BUT MORE THAN JUST WALKING TO THE COFFEE VAN FOR ANOTHER CAFFEINE HIT....

## ACTION STEP

SET A TIMER TO STAND, STRETCH, OR WALK AROUND THE BLOCK. TURN THE PHONE OFF AND GIVE YOUR BODY SPACE TO MOVE



# Get 7-9 Hours of **Quality** Sleep

**SLEEP DEBT = NOT GETTING ENOUGH TIME OR QUALITY BY SMALL AMOUNTS FOR DAYS WEEKS, MONTHS OR EVEN YEARS. IT'S CALLED BEING A PARENT. HAHA!**

**LOW ENERGY, CRAVINGS, AND BRAIN FOG ALL BECOME MORE INTENSE**

## **ACTION STEP**

**CREATE A 30 MINUTE RESTORATIVE PRE-SLEEP ROUTINE FOR CONSISTENCY**



# Eat More Protein at Main Meals

PROTEIN KEEPS YOU FEELING FULL LONG AFTER A MEAL. WILL HELP WITH REPAIRING DAMAGED MUSCLE FROM TRAINING. WILL REDUCE CRAVINGS TO PREVENT SUGAR CRASHES MID ARVO

## ACTION STEP

EGGS, GREEK YOGURT, SMOOTHIES ARE GREAT OPTIONS TO KICK OFF THE DAY





# Spend a day in Nature

GETTING OUT OF YOUR LITTLE CONCRETE BUBBLE WILL BREAK THE PATTERN OF THE DAILY GRIND.

NATURE MAKES YOU FEEL SMALL AND HELPS REMIND YOU WHAT'S IMPORTANT IN YOUR LIFE...

## ACTION STEP

PLAN A DAY FOR YOURSELF, WITH A FRIEND OR FAMILY TO EXPLORE SOMEWHERE NEW



**You can feel stronger,  
sharper, and more energised  
by making 1 change at a time**

 **DM me “Energy” on  
Instagram if you want to  
have a quick chat about  
your goals...**

RIPCIRL