

Your “Energy Activities”

One of the things I love doing is playing with nieces and my nephew! There’s nothing like having the energy to move around, and do what you want to do. I like to call these fun things my “energy activities.” That’s because it takes good, clean energy to do them.

What are your energy activities? Do you enjoy...

- Walking
- Running
- Biking
- Kayaking
- Grandkids



If so, let me share something with you. Energy-boosting drinks like coffee and popular energy drinks have more sugar in them than you can imagine. You get a quick bump in your energy levels but then the crash will come! Here are my top tips for improving your energy the right way!

Tip #1: Use Clean Energy

I’m talking about energy sources like water with lemon or lime in it. Even water with real cucumbers and spearmint leaves in them give you the clean, healthy energy you need. If the drink, supplement or powder is high in sugar and other chemicals, don’t use it!

Tip #2: Watch Caffeine Levels

Better yet, drink energy with caffeine in them! One reason is if you’re tired in the late evening, you may drink a caffeine energy drink, which can affect your sleep. Some negative health effects include restlessness, insomnia and digestive problems.

Tip #3: Choose What Tastes Good

If you’re like me, I don’t like things that taste bad. Even healthy stuff! The same is true for your energy drinks. Who said being healthier has to taste bad?! It doesn’t, so choose energy drinks or sources that have great taste. This way you will have a higher chance of using it consistently to better health.

Here’s something my husband and I use everyday to naturally boost our energy. Tastes delicious, gives you focus and more.

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