



Feeling Drained?

BOOST YOUR ENERGY WITH THESE 21 TIPS AND TRICKS

[FEMALE WELLNESS BOUTIQUE](#)



Welcome

In this download, we'll look at both foods and habits that either support our energy levels or deplete them. We'll also cover some great ideas to help you feel more energetic.

When we lack energy, we lack motivation – the motivation to exercise and to focus on healthier habits. Everything seems more difficult when you feel tired and worn out. It doesn't have to be this way. Small changes really do add up and you don't need to change everything at once.



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How Do You Start Your Day?

Do you roll out of bed and head to the kitchen in the morning to get the coffee brewing? When you start your morning with coffee to boost your energy, you're less likely to eat a quality breakfast that gives you long-term fuel and you are more likely to feel tired by late morning or early afternoon. A cup of coffee and/or a sugary treat is usually the item of choice for a quick energy boost. It can be a vicious cycle that's hard to break.

When you drink caffeine, you're running on borrowed energy - energy you don't get to pay back, meaning it isn't stored energy you can draw on when you need it later. We're always on the go, and with pressure to get more done in a seemingly shorter amount of time. When we can't seem to get enough done or start to fade later in the day, we turn to more caffeine.

Is your caffeine routine in the morning more out of habit or do you feel like you **NEED** the boost to get you going? If you feel like you need the boost, we will take a look at what you may be able to do to improve your energy naturally and eventually not need to rely on the caffeine fix.

Other options include: transitioning to decaf coffee or diving into the world of teas. There are so many incredible flavours of teas to choose from and many offer the added benefit of containing antioxidants.

You can also opt for a delicious green smoothie to get a nice big dose of vitamins and minerals (plus fibre and phytonutrients too) that should give you a natural energy boost.



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1. Stay Hydrated

Start your day first thing in the morning before anything else, especially coffee with a large glass of fresh water to rehydrate your body and your brain after your night's fast. You'll be surprised how awake you feel when your brain gets watered! Drink water regularly throughout the day.

Recommendations vary on the quantity of water we need, but drinking $\frac{1}{2}$ your bodyweight in water per day is the ideal. If you weigh 160 pounds, aim for approximately 80 ounces of water per day. If you haven't been drinking much water, you can start gradually and aim for $\frac{1}{2}$ that amount to start and increase each day.

2. Don't skip meals.

I can't emphasize this enough. If there was ONE thing you could do that would have a dramatic impact on your energy level, this would be it (besides getting enough sleep).



3. Eat breakfast.

Ideally, have a meal that includes protein, carbohydrates and fat (in 'whole food' form). This will keep you full longer and give you sustained energy. If you can't handle having breakfast early in the morning, take something with you on that you can eat a little later in the morning.

When you skip breakfast, you will usually end up consuming more calories throughout the day. Your body needs a certain amount of calories to function optimally, so if by the end of day, you haven't consumed what your body needs, you'll end up with those later afternoon and/or evening snack attacks.

4. Have a Balanced Lunch

“Balanced” means including protein, carbs and fat. As often as possible, make your lunch your main meal of the day. When you get into this practice you’ll find you often are full enough until dinner. Of course, you can also have a healthy snack if you’re hungry in the afternoon.

5. Have a Balanced Dinner

Tip: plan out your meals ahead of time for the week so you eat out less often (this saves money AND calories).

Reminder: Eating carbs, fat and protein at each meal increases the feeling of satiety and helps you stay energized longer.

Avoid sugary snacks and treats as much as possible. Sugar just puts us on the energy roller coaster and we usually end up feeling even more tired than when we started, which completely zaps our energy.

6. Get Moving!

Any exercise or physical activity that gets the heart rate up and the blood flowing and releases endorphins is going to raise your energy level.

Cardiovascular exercises will strengthen your heart and give you more stamina.

7. Get Adequate Sleep For More Energy

This is a biggie! Many of us are going through the day tired and worn out due to insufficient sleep.

If you have difficulty sleeping at night, it would probably be worthwhile to have your hormone levels checked by someone that specializes in this field.





8. Schedule Down Time

By doing this, you will find yourself feeling more excited about everything you have going on, rather than feeling overwhelmed and run down.

9. Peppermint Oil

This is a great trick when you need to get up and get going. Either gently inhale the oil or dab a little on your wrists.

10. Have More Sex

Particularly in the morning, testosterone levels are at its highest when you wake up. It will give you an oxytocin boost which is a hormone that reduces stress, leaving you feel more energized.

11. Deal with Debt

Stress will zap your energy. By coming up with a plan to pay your debt, you will lighten your stress and improve energy.

12. Change your Thinking

By focusing on all the positive that is going on in your life, it will help you adjust your perspective and feel more energized.

13. Maintain a Healthy Weight

By keeping your weight in check you will keep your hormones and energy in check. This is extremely important after the age of 40.

14. Say NO

There is a strong link between being overworked and tired. By saying no, leads to feeling more energized happiness as you will have more time for you.

15. Spend Time with Friends

Surround yourself with people you love. Research shows you will make good choices and have more self control and of course make you happy!



16. Improve your Posture

Low energy can be influenced by poor posture. Now is the time to stand tall with your shoulders back!

17. Let go of Grudges

Let go of your past. Anger drains your energy and makes you feel tired (not to mention it can make you look older). Can you hear Elsa singing in your ear?

18. Stop Procrastinating

By doing this you will stop worrying about things that need to get done and drain your energy.

19. Wear Bright Clothing

Bright clothing can help you focus and feel refreshed. Such an easy way to feel uplifted throughout the day.

A close-up of a wall with graffiti that reads "Delat will tear us apart". The graffiti is in a stylized, dripping font.

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Types Of Food that Increases Energy

- Foods that are “real” and not manufactured. These are foods that will spoil in a few days and do not have a long shelf life.
- Whole foods - grains, vegetables and beans. These foods have not been processed and contain vitamins, minerals and fibre.
- Organic, grass fed wild and free range animal products.
- Superfoods. These have a high level of nutrients. Leafy greens, fruits, vegetables, nuts and seeds
- Sea plants, such as green algae and seaweed, are powerful sources of nutrition and energy. You can also purchase these in powder form and are excellent in smoothies.



With these tips and tricks you are bound to find more energy in no time!

At the [Female Wellness Boutique](#) we have top experts giving their best advice on living a happy and healthy life after 40, not to mention a community of women who are there to support you along the way!

Congratulations on investing in you!

I want to invite you to join me for more free tips and hints on all things health and wellness over 40!

Come and join us in my [FREE facebook group](#) where we support and encourage women to live their best life!

Xoxo Emma

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ABOUT EMMA



Emma is the founder of the Female Wellness Boutique, an online health and wellness membership community for women over 40.

After becoming a health and wellness coach in 2018, she has dedicated her time exploring all the possible ways to create a happy and balanced lifestyle.

Her mission is to help inspire women over 40 to live their best life, while making new friends along the way.



When Emma is not working, you will find her spending quality time with her teenage daughter or sipping wine or Prosecco while mastering a new recipe she can wow her friends with.



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