What you do and athletes have in common:

- chew each bite thoroughly
- avoid distractions while eating: no TV, email or work
- take microbreaks throughout your day
- snack, call your loved ones, try some short snack examples
- for each meal, a balanced plate—keep portions small
- avoid eating late at night
- breakfast is the most important meal of the day

What are ways to manage your energy?

- standing instead of sitting
- walk meetings
- increase your step count
- stand while on the phone
- seated yoga

Benefits include:

- decreased muscular tension/discomfort
- enhanced feelings of well-being
- improved cognitive function
- increased engagement
- increased metabolism

Note: When you are sleep deprived, your cognitive function is compromised affecting your mood, ability to focus, and general health. Proper rest and recovery allows the body to replenish energy and repair.

80/20 Rule:

- the likelihood of overeating, maintain muscle mass and prevent degeneration
- perform most efficiently when you train a bit better than 80% of your ability
- make time for energy clarity and rest

MANAGING AND EXPANDING YOUR ENERGY

FUEL THE BODY

- energy breaks: eat throughout the day—snack, stand, walk
- between breakfast, lunch and dinner, you can boost your energy levels
- a good meal provides energy for hours

RENEW THE BODY

- when you don’t manage your energy, you can perceive yourself as fatigued
- you may feel physically energized, but not mentally focused
- you may feel energized, but can’t concentrate
- you may feel physically tired and mentally energized
- you may feel physically and mentally fatigued

MOVE THE BODY

- 10 hours a day
- for every hour of sitting, you lose 40% of your energy
- when you don’t move, you lose 40% of your capacity to perform
- you can get 20% of your energy back by moving
- the 40-20-40 rule: stand for 20 minutes, walk for 20 minutes, sit for 40 minutes

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