



Outline of the session



Energy boosting exercise

Energy zappers

Energy boosters

Let's get practical



Let's move!





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Energy zappers



No breakfast



Too many meetings



**Too much
caffeine**



Staying up late



Big meals



Drinking regularly



Are your food choices zapping your energy?

Fat Storage

BLOOD SUGAR

NORMAL BLOOD SUGAR LEVELS

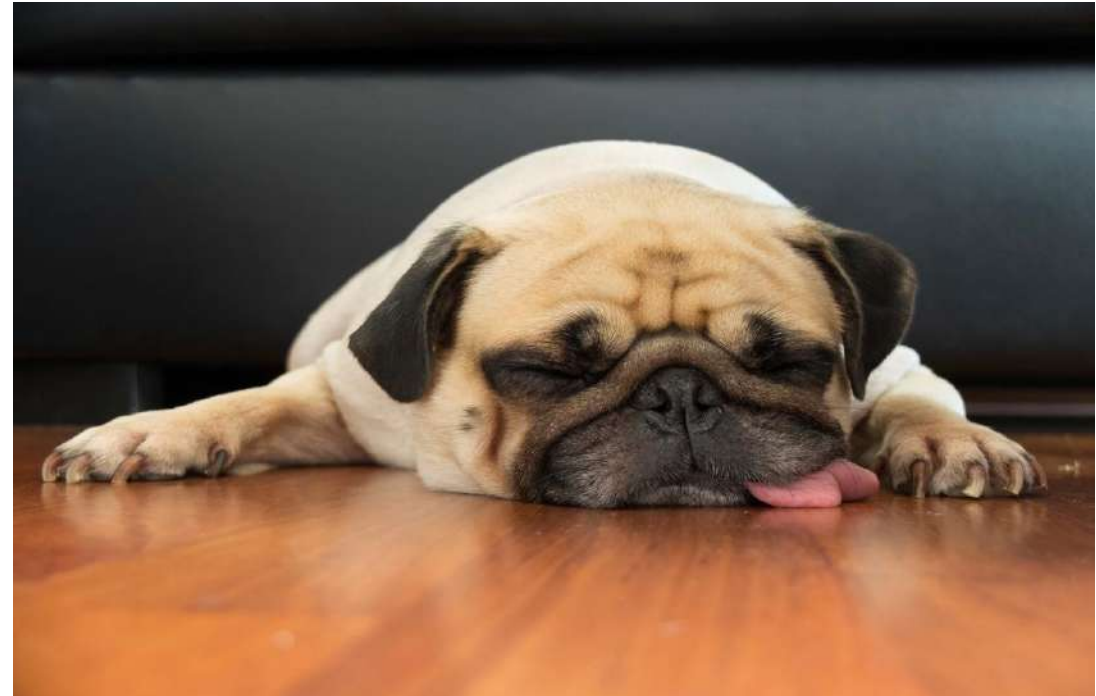
Tiredness, cravings, Poor concentration, mood swings, fuzziness





Energy zappers

- **Alcohol** - sleep, mood & energy levels
- **Poor sleep**
 - Impacts hormones involved in hunger, stress & fat-burning
 - Immunity, digestion & inflammation
 - Quality and quantity
- **Stress** - cortisol raises blood sugar
 - Induces sugar cravings
 - Breathe!



4:6 Breathing

1. Sit comfortably in your chair
2. Close your eyes, if comfortable
3. Feel your feet grounded into the floor (relaxed), arms resting by your side
4. Gently **breathe in** through your nose, feeling your belly and diaphragm rise, to a **count of 4**
5. Gently **breathe out** through your nose, feeling your belly and diaphragm deflate, to a **count of 6**



Managing stress



- Limit news
- Relaxing music
- Yoga / Pilates / Qigong
- Getting into nature
- Laughing / fun
- Breathing exercises
- Mindfulness/ meditation



Energy boosters – power of nutrition

- **Regular Protein** – 1.2g to 1.5g protein per kg body weight
 - ✦ Nuts, seeds, eggs, sardines, chicken, tofu, yoghurt, pulses, turkey, salmon
- **Good fats** – high unsaturated fats and some saturated fats
 - ✦ Olive oil, butter, avocado, oily fish, nuts, seeds and coconut oil
- **Wholegrains** – keeping starchy carbohydrates low and including small amounts of slow-release grains
 - ✦ Oats, rye, quinoa, bulgar-wheat, barley and brown rice





Energy boosters - power of nutrition

- **B Vitamins** - energy production
 - Depleted by physical & emotional stress
 - Wholegrains, eggs, beans, lentils, dairy, broccoli
 - B12
- **Magnesium** - co-factor for 100+ enzyme reactions
 - Green leafy veg, nuts, seeds, raw cacao
- **Vitamin C** - essential in stress
 - Fights adrenal fatigue





Energy boosters – also consider...



- **Nutrient deficiencies** – B12, D, Iron
 - Consider checking your levels with the GP
 - High risk - vegans, vegetarians, digestive issues
- **Hydration** - 8 glasses of water per day
 - Sip water between meals
 - Herbal teas
- **Regular movement** - stand up, take the stairs, stretch, breath!
 - Desk exercises!



Energy boosters – also consider...

- **Thyroid** - controls our metabolism
 - Thyroid hormones - regulate metabolic rate, heart, digestive function, muscle control, brain development, mood
- **Is your thyroid working correctly?**
 - Excessive tiredness, weight gain, high cholesterol, cold extremities, constipation





Sleep / rest



- Watch your screen time
- Reduce the caffeine
- Sleep in a darkened room
- Eye mask / ear plugs
- Try to keep times consistent if possible
- Check bedroom temperature
- Could you benefit from a nap?



Energy boosting food ideas – let's get practical

Breakfast



Lunch



Dinner





Creating a smoothie – mix & match!

Protein	Fruit	Vegetables	Liquid	Extras
Cashews	Berries *	Spinach	Green tea	Spirulina
Walnuts	Kiwi	Kale	Almond milk	Raw Cacao
Chia seeds	Apple	Watercress	Coconut water	Cinnamon
Ground Linseeds	Pear	Chard	Kefir	Beetroot powder
Clean protein Powder	Chunk pineapple	Broccoli	Coconut milk (carton)	Turmeric
Almond nut butter	Small banana	Avocado	Cashew milk	Ginger

*Berries are the best choice!



My fav!

Balancing Almond Butter Smoothie

This smoothie is full of blood sugar balancers:

- **Protein** from the almond butter, whey protein and plant milk help slow the release of sugar into the blood
- **Cinnamon** balances your blood sugar levels and adds some sugar free sweetness to the smoothie
- **Magnesium** from almonds, watercress and cacao powder helps you to relax and de-stress

Serves 1-2



Ingredients

- 1 handful of watercress
- 1 half a banana
- 2 tbsp pure almond butter
- 2 tbsp organic whey protein powder
- 1 tbsp cacao powder (preferably raw cacao)
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1 fresh medjool date (optional)
- 300ml unsweetened soya or almond milk



Method

Put all ingredients (starting with the solid foods, then the liquid) in your blender and blend until smooth.

Once ready, pour in a glass and sprinkle with more cinnamon and cacao powder.

If you like a bit of crunch, you can sprinkle on some chopped almonds, or some more cinnamon.





Visualisation exercise

- ~ What feels good for you?
- ~ Getting outside?
- ~ Getting to the gym?
- ~ Creating a healthy smoothie?



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Additional Resources

SUGAR CRAVING BUSTING TIPS

Why do we get sugar cravings?

It's a vicious cycle. Too much sugar in our diets can create blood sugar spikes (with a short release of happy hormones) followed by crashes... making you feel lousy-headed, irritable and desperate for a large blueberry muffin. Behind the scenes cravings are driven by our hormones and stress can make them much worse. The hormone insulin plays a key part. If our cells are insulin resistant we struggle to utilize glucose for energy. This leaves us craving more and with higher levels of glucose circulating in our blood stream, putting us at risk of diabetes type 2. Whether you've been diagnosed or want to take preventive measures, you'll benefit from these tips:

- 1. Set yourself up with a nourishing protein rich breakfast**
 • Porridge with seeds and berries
 • 1.5 slices of toast with 2 baked eggs
 • 1/2 porridge/cheese and cracked seeds
 • Avocado and potato wedges
 • High protein smoothie and a hot drink
- 2. Plan some healthy snack attacks**
 • 2 handfuls with nut butter
 • Nuts and seeds
 • Hummus and veggie
 • Nuts and seeds
- 3. Add 1/2 teaspoon of cinnamon to smoothies, porridge, yoghurt, coffee**
 Cinnamon has been shown to help blood sugar by improving insulin sensitivity
- 4. Move!**
 Even moderate exercise such as brisk walking helps your blood vessels like sugar by increasing insulin sensitivity
- 5. Get some magnesium**
 Cravings can be the result of a diet low in this trace mineral. Include almonds, cashews, oats, beans, dark green leafy veg and even dark chocolate. Add 1/2 tsp to your fruit!
- 6. Boost your serotonin (happy chemicals) naturally**
 Reverse your brain from using sugar as a fuel to relying on other ways to boost happiness. Get 10 mins of sunlight, get some exercise, be outdoors in something you enjoy
- 7. Up the dose of healthy fats**
 Fats from coconut oil, olive oil, avocados give us a feeling of satiety and help prevent hunger pangs
- 8. Sugar free hydration**
 Dehydration can make us crave sweet foods. Metformin can make us crave sweet foods. Metformin (used for diabetes), with its side effects, energy drink, sodas, and even fruit flavoured fizzy drinks. Replenish with water, infused with fruit or with a splash of lemon. Look for low or no sugar drinks.

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SMOOTHIES

Smoothies can be a great addition to your food plan. They can help to make food enjoyable and nutritious incorporating a boost of vitamins, minerals, phytonutrients and fibre. In simple terms, a smoothie or shake is a blend of a base and a liquid, making them deliciously adjustable for different tastes and family friends.

The key is to ensure you build your smoothie to be nourishing and satiating rather than unhealthy and dissatisfying. Keep fruit levels quite low due to sugars, include vegetables to boost fibre and nutrients. Add protein and good fats to keep you satisfied for longer. Boost antioxidants further by including berries, spices and other nutrients such as ingredients.

Try as a breakfast option or afternoon snack. Breakfast is an ideal time to boost our intake of fruit or vegetables and it's also a time when we could benefit from some protein to help maintain energy levels throughout the morning. Plus, we are frequently in a hurry! As a snack replacement an afternoon smoothie can help curb sugar cravings.

WE HAVE CREATED SOME BASIC GUIDELINES, TO HELP YOU CREATE A BALANCED BEVERAGE!

TIPS FOR BETTER SMOOTHIES...

- **1 - 2 tsp nutritional booster**
- **2 tbsp good quality protein**
- **1 - 2 cups whole veg**
- **1/2 cup fruity favourites**
- **250ml - 300ml base liquid**

Extra ice if you want to make it cool!

You need a quality blender to crush frozen fruit and veg and give a perfect smoothie.

Thickness is good - try adding a tsp of chia seeds or psyllium husk for healthy creaminess.

Watch out for protein powders containing added sugars, artificial sweeteners and flavourings.

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Mango and Spinach Smoothie

It's the perfect way to get your vitamins working. The beta-carotene in mangoes is a source of your daily vitamin A, while the iron in spinach is a source of your daily iron.

This recipe makes 1.5 litres (1 1/2 litres) for 10 people. You can adjust the recipe to suit your needs.

With its taste of citrus, apple, this smoothie has the smoothie texture you'll love for many hours. Just add your ingredients!

Serves 1

Ingredients

- Half a cup mango
- One handful of spinach, ideally washed for at least one hour to remove any pesticides
- 100 ml of unsweetened almond or coconut soy milk
- 2 teaspoons of agave nectar or honey
- 1 spoon of protein powder (optional)
- 10 tsp of ice cubes or cubed ice (optional)

Method

Put all the ingredients in your blender and blend until smooth.

Adjust the milk if the smoothie is thicker than you like.

Once ready, pour in a glass. You can then drink it with your favourite choice of fruit or veg.

General tips

- Choose fresh ingredients, combine with milk, berry fruit, chopped nuts, olive, hemp seeds.

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Good Mood Choc-Berry Smoothie

For moodier moments, chocolate and berry can be a good low-calorie choice. It's also a great way to get your antioxidants working. The flavonoids in cocoa and berries can help improve blood flow and reduce inflammation. The antioxidants in berries can also help reduce inflammation and improve blood flow.

This recipe makes 1.5 litres (1 1/2 litres) for 10 people. You can adjust the recipe to suit your needs.

With its taste of citrus, apple, this smoothie has the smoothie texture you'll love for many hours. Just add your ingredients!

Serves 1

Ingredients

- 150g raspberries (for the smoothie)
- 100g strawberries (for the smoothie)
- 100g blueberries (for the smoothie)
- 100g blackberries (for the smoothie)
- 100g raspberries (for the smoothie)
- 100g strawberries (for the smoothie)
- 100g blueberries (for the smoothie)
- 100g blackberries (for the smoothie)

Method

Put all the ingredients in a blender and process until really smooth.

Put this in a glass. Dress with a couple of raspberries and berries with a splash of agave nectar if desired.

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NATURAL ENERGY BOOSTING TIPS

A reported 71% of people feel tired after 12pm on a typical working day. The good news is that there are small adjustments you can make to feel more energised.

POWER UP YOUR CELLS

The mitochondria are the powerhouses of our cells and are responsible for producing ATP, the fuel that powers our cells. To get maximum power, you need to ensure your cells are getting the right fuel.

MOD THE BLOOD SUGAR ROLLERCOASTER

Based on 71% of people feel tired after 12pm on a typical working day. The good news is that there are small adjustments you can make to feel more energised.

NUTRIENT DEFICIENCIES TO TEST FOR

- Iron** - helps to increase your energy. Low iron levels can lead to fatigue.
- Vitamin D** - 40% of people are deficient. It's essential for energy production.
- B12** - especially if you follow a plant-based diet. It's essential for energy production.

MEET HYDRATED

80% of our brain is made up of water. Even moderate dehydration of 2% can affect concentration and brain function.

RULE OUT MEDICAL REASONS FOR FATIGUE

- Hypothyroidism
- Diabetes
- Infections
- Depression or anxiety
- Asthma
- Gut issues
- Sleep apnoea
- Chronic fatigue syndrome
- Gut health issues

LIFESTYLE BOOSTERS

- Take a 'green' break - a 20 min walk in nature can reduce stress levels by 21-28%.
- Move more - 10 mins walking up a stair can increase your metabolism for 36 hours.
- Prioritise sleep - 7-9 hours of sleep is essential for energy production.

SUPERFOOD FAVOURITES

- Matcha green tea - 1 cup of green tea can boost your memory and cognitive performance.
- Cordyceps mushrooms - can help increase energy production and aerobic capacity. 100 mg recommended daily.
- Cacao powder - can help increase energy production and cognitive performance.

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PROTEIN POWER

Protein is the building block for all our cells via their molecules - amino acids. The body can't store protein for the long term, we need to replenish the supply by consuming protein-rich foods every day.

ESSENTIAL FOR:

- Muscle growth and tissue repair
- Hormone health
- Neurotransmitters
- Blood sugar balancing

GREAT PROTEIN SOURCES:

Typical serving size*	How much protein?
1 medium sized fillet of chicken (~175g)	41g
125g of lean beef	36g
1 fillet (~120g salmon)	29g
300g (10oz) can of lentils	13.2g
120g (4.2oz) tin of kidney beans or chickpeas	9g
1 medium egg	6g
1 tablespoon of nut butter	4g
1 cup of (unsweetened) soya	19g
1 tablespoon of sunflower seeds	3g
18 almonds	2.5g
30g soft cheese	1.6g
1 tablespoon of hummus	1g

70g PROTEIN MEAL EXAMPLES

Breakfast

- 150g of plain natural yoghurt (3 x 100g portions)
- 2 tbsp chia seeds or nutty granola
- Serving suggestion: 10 almonds, 1 cup of blueberries

LUNCH

- 100g of lean salmon
- Serving suggestion: 2 cups mixed salad, 1/2 avocado, 2 tbsp olive oil

DINNER

- 100g (3.5oz) chicken
- Serving suggestion: 1 cup cauliflower, 2 tbsp butter

HOW MUCH DO YOU NEED?

1.2g - 1.5g per kg of body weight is an optimal level. Roughly 84g - 103g of protein for a 70kg person.

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