



Well Powered Living: Physical Energy

Nutrition, Fitness, Sleep, Recovery



Learn to become physically _____

- Food is Fuel
- What and how we eat affects our energy
- Movement stimulates energy
- Getting enough sleep is also vital to maintaining energy levels.
- Stress can lead to feeling physically fatigued and reduce energy in indirect ways.
- Lack of energy can come from both physical and mental/emotional sources

Own your physical truth

Circle one area you are ready to work on:

Nutrition Fitness Sleep Recovery

Write down one habit you are doing that does not support optimal energy levels.

Try to balance supply and demand.

- Decreased supply (eating too little)
- Increased supply (eating too much)
- Both can negatively affect energy.

I. Nutrition

A. What to Eat

- Balanced meals with fruit, vegetables, and lean protein
- Carbohydrates provide _____ which is broken down for _____.
- Both simple and complex carbs are converted to glucose
 - Simple carbohydrates (sugars) are digested more quickly for a quick burst of energy followed by a crash.
 - Complex carbohydrates are digested at a slower, more consistent rate. This gives you more sustained energy.



- Enjoy caffeine and alcohol in moderation.
- Drink Water

B. How to Eat

- Eat small, frequent meals.
- Distribute calories equally throughout all meals of the day.
- Don't _____ meals.
- Avoid crash diets.
- Avoid eating too much at one time.
- Use the hunger scale to assess hunger/satiety.

The Hunger Scale



II. Fitness:

A. Reduce Sedentary Behavior

- Sitting for a long time can reduce _____.
- Being stationary reduces blood flow and the amount of oxygen that goes to your lungs. Concentration levels dip as your brain activity slows.
- After 10-20 years of sitting for 6 hours per day you could lose up to 7 quality-adjusted life years, i.e. years without medical issues or death.
- _____ for long periods increase risk for cancer, heart disease and Type 2 diabetes.
- After 2 weeks of sitting for more than 6 hours per day, LDL increases and muscles begin to break down.
- Exercise does not counteract the negative affect of sitting.

B. Strategic Movement

- Incorporate stretching, small movements, and large movements into your day.
- How often?
 - Stretching and/or _____ movements - Every 30-45 minutes
 - _____ movements- Every 90-120 minutes
- How Much?
 - 5-15 minutes at a time
 - Low/Moderate Intensity
 - Any movement is better than nothing
 - Avoid going over 2 hours without moving



III. Sleep

A. Overview

- Sleep enables the body to recharge and recover.
- Chronic sleep deprivation leads to fatigue.
- Similar to stress, lack of sleep can make it less likely that you will exercise and eat a nutritious diet.
- **Most adults need between 7-9 hours of sleep.**

B. How to get more sleep:

- Limit _____ in the evenings.
- Limit alcohol before bed.
- Set a sleep schedule and stick to it.
- Create a regular _____ routine.
- Reduce distractions from light and sound.
- Keep your sleeping area cool.



IV. Recovery (Stress Management)

A. What is Stress?

- Defined by NIMH as the “Brain’s Response to any Demand”
- Stress can be good or bad
- Beneficial in the short-term, but overexposure can cause problems for your health and energy

B. Negative effects of stress

- Causes mental fatigue because it is hard to focus when overstimulated
- Results in depleted energy and tiredness
- Reduced motivation to exercise
- Craving high-fat, high-calorie foods
- Disrupted sleep

C. Positive effects of moderate stress

- Better able to tolerate and adapt to life’s difficulties
- Learn new skills (like sociability or patience) that can be applied later in life
- Increased confidence in managing stress
- Less likely to fear change
- Adopt a more positive attitude towards stress

D. Find balance (Sprinter vs. Marathoner)

- a. Too much stress with too little recovery leads to overuse (burnout)
- b. Too much recovery with too little stress leads to underuse (lazy)
- c. Allow recovery breaks
- d. Include time for self-care



Physical Energy Ritual:

Using your habit from earlier, write one ritual based on nutrition, fitness, sleep or recovery that will help you form a better habit.
