









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.					
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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
 - <u>Simple</u> carbohydrates (sugars) are digested more quickly for a quick burst of energy followed by a crash.
 - <u>Complex</u> 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.



II. Fitness:

A. Reduce Sedentary Behavio

•	Sittin	g for a	long time	can rec	luce	 	_·

- 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.

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- 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 recove will help you form a better habit.	ry that