

From sluggish to supercharged in 7 steps.

Stick me on your fridge



Drink Up

Dehydration is a major energy-sapper. Drink a glass of water when you wake up and aim to have another seven glasses during the day. Add a squeeze of lemon for extra zing and detoxifying power.



Plug into the sun's energy

A blast of fresh air and sunlight will lift your mood and energy levels. Three times a day, take a 10-minute break outdoors to power-up naturally.



Boost your oxygen

For an instant energy boost, take 10 really deep breaths, feeling your tummy rise and fall. Do this three times a day to clear your head and reboot your energy.



Balance your blood sugar

Choose high quality proteins and fats and include these in every meal so you don't fall prey to cravings. Organic eggs cooked however you fancy are a perfect start to the day.



Go green

Go for greens to super-charge your diet and energy reserves. The quickest way to Hoover up those health-giving nutrients is via a daily green juice (think celery, cucumber, spinach, green apple).



Prioritise sleep

Be strict about going to bed on time to get those precious eight hours and see how much more energised and alert you feel. If your mind is racing, try taking a magnesium supplement before bed.



Be choosy with your company

Minimise time spent with 'energy vampires' who leave you feeling sapped. Instead, think of the most high energy, positive people you know and schedule in time with them. Energy is infectious!

Get ticking ✓

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Peppermint
WELLNESS

I'd love to hear how you get on!

Let me know on:

@suzyglaskie / Facebook.com/PeppermintWellness.

www.peppermintwellness.co.uk