

health assured

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Improving Energy Levels Training Plan



Getting Started

Our energy levels dictate what we do and how well we do it. Expectations at home and at work have never been higher and yet many of us wake up exhausted each day. Lack of energy is the number one health complaint in the UK. Most of us are trying to be as productive as possible, and we all know that our energy resources are what makes things happen – the problem is a lot of us are running on empty!

These are the four factors you need to take action on to enhance your daily energy levels and improve the quality of your life: These 4 factors are set out as statements in your personal training plan (shown on the next page).

- **Move more** - Aim for 30-minutes plus of activity each day. In terms of your energy levels the fitter your machine is (your body) the more efficiently it can use the fuel you feed it – in other words it can keep going for longer on less!
- **Eat for energy** - Studies show that people who have breakfast are more alert and focused, and have higher concentrations levels in the morning than those people who skip breakfast. Snack on fruits such as bananas, peanuts give you longer lasting energy. Eat healthy snacks between your main fuel stops to keep your energy levels topped up – cereal bars, fruit (fresh and dried), nuts and seeds will keep your energy up in a healthy way! Keep all snacks less than 100Kcal.
- **Manage the rhythm or pacing of your life** - Build recovery breaks into each day to keep focused and feeling fresh. Athletes consider rest and recovery as the most important element of their training programme and it's the same for all of us. You cannot keep operating at 100% all of the time. Your mind and body need short breaks during the day

to regroup and refresh in order to 'go again'. It's about working smarter, not longer!

- **Sleep better** - Have 6-8 hours sleep each night. Sleep is when the body and mind recuperate and are refreshed. Science tells us that our bodies need to be dormant (asleep) for one hour for every two hours they are awake – hence why they say we each need, on average, 8 hours sleep a night. Although we're all different in how much sleep we need, we all generally need between 6 and 8 hours sleep a night. Make sure you get what you need. Work backwards from the time you have to get up, to work out what time you need to switch the light off; then add 15-30 minutes for relaxation in bed to allow you to wind down and slip easily into sleep to find out what time you need to go to bed

Prioritise which of these 4 statements is most important to you. Start some in week 1 and then introduce others when you're ready; but once you start something try to keep that going all the time.

Follow this plan and not only will you look better, you will also feel more alert and focused. You will have improved concentration levels, feel more energised and have a renewed zest for life.



Personal training plan

Place this in a visible place and tick each box daily if you have been successful for each of the statements.:

Week 1	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Eat for energy							
Eat for energy							
Move and/or exercise more							
Manage the pace & rythmn of my life better							
I kept to my plan today (tick if yes; cross if no)							

Week 2	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Eat for energy							
Eat for energy							
Move and/or exercise more							
Manage the pace & rythmn of my life better							
I kept to my plan today (tick if yes; cross if no)							

Week 3	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Eat for energy							
Eat for energy							
Move and/or exercise more							
Manage the pace & rythmn of my life better							
I kept to my plan today (tick if yes; cross if no)							

Week 4	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Eat for energy							
Eat for energy							
Move and/or exercise more							
Manage the pace & rythmn of my life better							
I kept to my plan today (tick if yes; cross if no)							

REVIEW	End Week 1	End Week 2	End Week 3	End Week 4
This week I have more energy than when I started this plan Enter 'Yes' or 'No'				

After 4 weeks complete this review

The habits that I find easy to maintain are:	The habits that I find hard to maintain are:

After 4 weeks complete this review

Continue to: (These are the habits you found easy and that you no longer need to monitor as you now don't think about doing them you just do them.)	Specifically plan to: (These are the habits you need to plan to do and monitor on a daily basis. Print off your 4-week plan again but only include these items now.)

Always follow the 80 / 20 rule. For each of the statements you choose to follow each week, aim to complete them at least 80% of the time - in other words 5 days out of 7.