

## **YOUR FREE REPORT**

### ***Top 5 Ways to Increase Your Energy – In An Instant!***

By Jennifer Edden, CHHC

[www.jecoaching.com](http://www.jecoaching.com)

I sincerely hope you use the tips I'm about to share with you as they've helped 100's of my clients go from feeling just OK to FANTASTIC.

Now, let's get down to business...ok , so you want more energy. Understandable. Pretty much everyone I speak to feels runs down a lot with little to no time to do anything about it.

I challenge you to follow as many of my energy increasing tips below for the next 2 weeks taking careful note of how you feel...specifically at 3pm when most people I know start to *crash*.

Imagine, you with more energy...*seriously*.

Supporting you,

Jenn Edden  
[www.jecoaching.com](http://www.jecoaching.com)  
[jenn@jecoaching.com](mailto:jenn@jecoaching.com)

## **FIVE WAYS TO INCREASE YOUR ENERGY** **(Seriously, without all the hype)**

### ***Think Fresh***

Yes! Fresh is best. You've probably heard that growing up. But did you know that energetically eating a piece of fruit will actually give YOU energy versus eating something from a can or a wrapper which contains additives, preservatives etc. that your body needs to exert energy to digest.

Fresh fruits and vegetables contain vital energy that your body will absorb once eaten. Foods in a wrapper are what I consider "dead" food. It's no wonder we feel somewhat canned or wrapped up in things by the end of the day. TRY eating an apple, orange or handful of baby carrots for a serious pick me up.

### **CHEW! Chew! CHEW!**

Did you know that by chewing your food even 20 times per bite helps you absorb and utilize more of the nutrients in that food. Are you someone who gobbles down that burger in 4 bites? You might want to reconsider and start chewing.

When you chew your food the salivary glands in your mouth excrete an enzyme that starts to break down the food even before you swallow. When the food hits your stomach, your stomach will actually have less work to do leaving you with more energy! Cool huh? I think so. TRY picking one meal/day that you will focus on chewing.

### **Water is *Your* Best Friend**

Did you know our bodies are made up of over 85% water? We don't think about this simple fact because of our bones and muscles which make us appear to be solid masses but in actuality we are mostly water. When we're tired so often we're simply dehydrated.

Not to mention, did you know that nerve impulses in our bodies must cross synapses to communicate with each other. How can these synapses function properly if we're not well hydrated. Everything works slower...making us feel tired. Next time you reach for that cup of coffee, TRY drinking a huge glass of filtered water.

### **S-t-r-e-t-c-h-i-n-g 101**

Many of my clients are desk bound employees with little to no time to get up and walk around. They are so focused on their task at hand that they forget to get up except of

course when nature calls. We are energy...and our bodies actually get stagnant sitting in one position for a long period of time. Thus we feel tired.

By getting up and doing a few quick stretches you start to move the energy around in the body thereby increasing your energy...naturally. No privacy at your desk? TRY a 5 minute restroom stretching break once/day when you feel the most tired. I promise you will notice a difference when you get back to your desk. Follow it up with a glass of filtered water and now you're on the right track.

### ***Skip Your Way To More Energy***

As I mentioned earlier those quick runs for an afternoon coffee, soda or granola bar are really what zap your energy. I find that clients get confused about what to do/not do with all the confusing advice out there. My advice is when in doubt...skip it!

If you have to question whether or not to eat or drink something your body is probably telling you something. Do you have to second guess drinking water during the day or having a mid afternoon snack of fresh fruit or veggies. Probably not. TRY this exercise for the next 2 weeks...notice what goes through your mind as you grab that coffee, soda or candy bar. Forget about the guilt associated with this stuff. Just notice the internal struggle. Then *skip it* and see how you feel!

As you've probably guessed I've just begun to get you thinking about ways to have more energy. My goal was to simply do that....get you thinking outside the box about your habits and how changing even one of them could have a huge impact on your *energy* and your overall health. I hope I was able to do that for you today.

If you'd like some help with increasing your energy on a more personal level just let me know. Thanks for reading this free special report.

Supporting you,

Jenn Edden

Website: [www.jecoaching.com](http://www.jecoaching.com)

Email: [jenn@jecoaching.com](mailto:jenn@jecoaching.com)

Phone: 516.680.3652