



The secrets of a life full of energy and vitality

As someone who has a bundle of everlasting energy (most days of the week), I often get asked about the secrets behind my everlasting energy. And although, people expect some kind of miracle supplement, they are surprised when I share my secrets. People sometimes think that getting healthy takes a lot of effort and a bundle of money, but let me tell you that it is much simpler than you think. I believe it is important to know that no matter how much advice you receive every day, please know that nutrition is an individual matter. What works for you may not work for the person next to you. Everyone has different needs and that is why dietitians are equipped to assess each person and provide the necessary recommendations based on your own dietary needs.

What I want to share with you today are my top tips for helping you obtain more energy so you can enjoy the things that matter most to you. You may not be ready to tackle each of the tips right away, but you may work on them one step at a time. Some people may require a little more time than others, but with some motivation, one can all achieve the energy you are looking for.

Ditch (or decrease) the caffeine – I know this may be nearly impossible for a lot of people, but even knowing when is too much is key. Too much caffeine can give you the jitters, which may leave you running in circles and not accomplishing much of anything. Also, it is critical that you learn to feel your body cues for when is time to rest.

Dairy – When it comes good nutrition, dairy is an irreplaceable source of essential nutrients for health. Dairy is one of the best and most easily absorbed sources of calcium.

Want to know how much dairy you need to consume every day? The Dietary Guidelines for all Americans suggest we consume between 2 and 3 cup equivalents of dairy every day.

And chocolate milk is an excellent pre- and post-workout beverage. It provides the needed nutrients to go the extra mile and the electrolytes to aid in the recovery.

Healthy fats – Provide the needed satiety that you need to calm those afternoon cravings while also providing a bundle of essential nutrients such as Omega-3's, protein, fiber, folate, potassium, etc. Fresh avocados, raw walnuts, olive oil, and salmon can provide delicious healthy fats. A moderate portion will fill do the work.

Include the recommended daily carbohydrates – Is plain and simple – carbs provide energy to our bodies. The problem with carbs is that people over indulge in carbs. So find the right amount of carbs you need and make sure you have plenty of different carbohydrate sources. Carbohydrates are in mainly found in fruits, starchy vegetables, grains (rice, breads, pasta, cereals and tortillas), and milk products such as milk, chocolate milk, and yogurt. Including a variety of these food groups will provide the energy your body needs to sustain your activities. Remember that the key is in the power to say “no thank you” when you are satisfied.

Water – The body is composed of more than 60% water, which is why water is so vital for many functions in our bodies. Soups, fruits and vegetables with high water content are some of the liquids that count towards your 13 cups per day. Start with a glass of water as soon as you wake up. There are even great apps that can remind you to drink your water.

Exercise – I am not sure how else to put this, but we need to move our muscles and bones every day or they will deteriorate slowly. There are plenty of activities that don't require expensive equipment or even leaving your house. Jumping rope in your garage, walking to do your errands or even playing with your kids can count towards your recommended 60 minutes of exercise every day.

Enjoy the simple things that bring you joy!

The power to say no thank you – Saying yes to things you don't want to do or shouldn't do can bring a great deal of stress to your life. Try to focus on the things that bring you joy and satisfaction. Plan your professional life as well as your social activities ahead of times so you allow yourself time to work on them efficiently.

Rest – Nothing (not even caffeine) will recharge your body energy levels like a good rest. Resting helps the body to recover and repair all the damage done to our body during the day. A good 7 hours of rest most nights of the week will provide your body with the necessary rest needed to function efficiently every day.