

Top Five Energy & Attitude Killers

By Andy Core, M.S.

- 1. Eating like a sumo wrestler** – Sumo wrestlers eat only once a day to maximize fat gain. This style of eating strategy wreaks havoc on your blood sugar, ultimately causing energy/mood swings.
- 2. Eating lunch at your desk or in your car** - This is not capitalizing on a preprogrammed break in your day. Taking regenerative breaks throughout your day can increase productivity by 39%.
- 3. Too little water during the day** - Most people wake up 1% dehydrated = 10% reduction in mental and physical energy. Without enough water many are 2% dehydrated by 3pm = 25% handicap in mental and physical energy, creativity, short-term memory, and even arithmetic scores.
- 4. Too much water after 8pm** - trying to catch up water intake before bed guarantees sleep disruptions (especially during the critical deep sleep phases) to go potty. If you don't sleep deep, you don't feel great.
- 5. Not using exercise to burn off stress hormones** - Cortisol, your primary stress hormone, is hard to get rid of without exercise. A build up of cortisol = cranky and tired. Two best ways to burn it off are #1 exercise and #2 laughter. So find an exercise buddy who makes you laugh and double your energy and double your motivation!

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