



How to Achieve Your Maximum Energy ALL Day, *EVERY* Day!

Does the answer to improved energy really come in a bottle that costs \$3 a day? Have you ever wondered why you're so tired in the first place? What if you knew EXACTLY how to maximize your energy potential... reliably, consistently and healthfully? Now's the time to tackle that, with an easy 5-step plan! You'll unlock the secret to getting the most restorative sleep night after night, and uncover what to drink and eat, as well as the safe and key supplements to take. You'll even learn how to use caffeine to your benefit, not your detriment. It's time to crush the midday malaise and Achieve Your Maximum Energy (*at work AND at home!*) for your personal and professional maximum productivity!

Recipe Resources:

1. <https://eatrealamerica.com/free-recipes/>
2. <https://zonya.com/recipes/>
3. Eat REAL Week 1 Menu, Recipes, & Shopping List (See additional handout provided)

About Zonya Foco, RDN

Motivational speaker and celebrity nutritionist Zonya Foco is one of the most exciting, inspiring, vital and unforgettable speakers in America. Her high energy crossed with low maintenance solutions makes achieving maximal energy and health, doable for all.





What's Your Energy IQ?

- Y N I drink 8-16 ounces of water upon rising every morning.
- Y N If I partake in caffeine, (coffee, tea, iced tea, energy drink) I am certain to not have any after 4:00 pm. (perhaps even 3 or 2 pm).
- Y N Water is my main beverage of choice throughout the day.
- Y N I enjoy a hefty portion of vegetables or dark green salad at most meals.
- Y N I am a "no fried foods" kind of person.
- Y N I have a fruit bowl prominently displayed and regularly filled at home and/or work. Eating 2 or 3 fruits per day happens easily for me.
- Y N When I get a sweet craving, or the afternoon slump, I try fresh or dried fruit, with one handful of nuts and a glass of water.
- Y N I participate in 30 minutes or more of physical activity most days of the week.
- Y N I understand the power of music and use it at least daily to energize me.
- Y N I make a conscious effort to quit eating after 7 pm (or 2-3 hours before bed).
- Y N I make a conscious effort to get 7-8 hours of sleep, even if it means turning the TV off before the news or a favorite show.
- Y N I take a multi-vitamin and mineral every day.
- Y N I eat yogurt or take a probiotic supplement to keep my gastrointestinal tract balanced and immune system strong.

_____ **Add up and write here your total number of YES answers.**

RESULTS

10 or more yes's? = Way to go! You rarely need an energy drink to get you by. People say, "You are the energizer bunny!"

Less than 5 = No wonder you're reaching for energy drinks. Today is your day to begin adopting these new ways of thinking and you'll be on your way to 'bottling your own!'

Step 1: Optimize what you Eat and Drink

For energizing nourishment to brain and muscles:

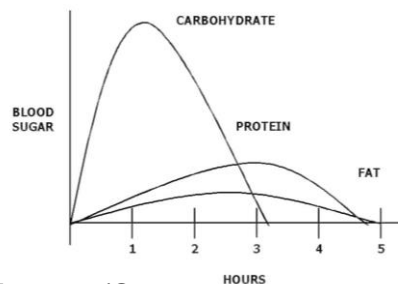
1. **Hydrate! Starting the moment you get up in the morning.** *You're always a little dehydrated upon rising.* If eight glasses of water makes you float, three or so may be all you need. (Clear urine is a good indicator that you're drinking enough.)
2. **Eat lots of deeply colored vegetables,** favoring carrots, sweet potatoes, broccoli, green and red peppers, cauliflower, cabbage, spinach, and kale. These build the blood with the nutrients that energize cells.
3. Take a **moderate dose multi-vitamin and mineral supplement** for nutrition insurance, and commit to taking it consistently.

Avoid these energy drainers:

4. **Limit high-fat meals . . . yet don't eat completely "fat-free" meals either.** Aim for between 30 to 60 grams of fat per day. Remember that every 5 grams of fat you see equals 1 teaspoon of lard or shortening! Choose nonfat or low-fat dairy products, and low-fat meats, desserts, breads, and crackers; include a moderate portion of a healthy choice of fat from sources like oils, nuts, and seeds.
5. Don't eat just one or two large meals per day! **Eat three smaller meals per day, with frequent healthful snacks.** Eat less in the evening.

For quick and steady energy throughout the day:

6. **Eat several (2 to 4) fresh fruits per day,** starting early in the day.
7. **Eat whole-grain carbohydrates at each meal,** (like whole-grain cereal, breads, oatmeal, corn, potatoes, brown rice, and whole-wheat pasta) but don't eat too much! (For instance, choose bread, potatoes, corn, OR dessert...DON'T choose all!)
8. **Limit sugary foods** to two (or fewer) small servings per day, consuming only with meals.
9. **Make your meals "mixed energy fuels,"** including high fiber carbohydrates, lean protein, and healthy fat (about 10 to 15 grams).
10. **Use caffeine to your benefit, not your detriment.** (Sorry to depress you, but you are just borrowing energy from the future). Once you are fueling yourself properly, you won't require caffeine! Limit to two servings/day (if none at all). Have a caffeine cut off time. For most people, that's 4 pm.





Step 2: Energize your Life with MUSIC!

Yes, “use” just like a drug.
Only it’s completely legal, healthy,
With only good side effects and often free!

- 1) **Need energy?** Play upbeat music (rock and roll anyone?) and feel your energy soar faster and higher than any candy bar or cup of coffee could ever do! What ever makes you tap your toe, want to get up and dance is your feel good energizing music!
- 2) **Feeling down?** Use music to lift your spirits and soothe your soul. For some people Beethoven, others it’s rhythm and blues. For others it’s praise and worship music. You do the picking. In fact, get yourself an ipod and start programming every “mood need”.
- 3) **Need inspiration to exercise? Work out to music.** Not only does music help motivate people up and off the couch, but studies show that anyone who exercises to music works out at a harder intensity and for longer. (Not to mention, they enjoy it more!)
- 4) **Don’t limit this secret energizer to just your workouts, get your energy dose:**
 - While dressing in the morning. Set your alarm to play music. Try “It’s a Great Morning” by Mandisa or “Something to Say” by Matthew West.
 - During breaks and lunch. It will get you toe tapping and knee bouncing... just stand up and get a metabolism boost!
 - While driving home. Some old-time rock and roll will have you arriving energized and ready to run the dog.
 - While cleaning. You’ll move more and get it done in less time, giving you more time to relax!

“I will take the following steps to use music to energize myself.”

1. _____
2. _____
3. _____



Step 3: Find the Fitness in You!

Be Curious and Courageous

Challenge yourself and break out of your comfort zone. Find the fitness that fits you and works in your life. Have fun exploring until you find what you LOVE so it can become a part of who you are.

Action Steps

- Try something you don't know about, like yoga, Tai Chi, kickboxing, martial arts, Pilates, pickle ball, or water aerobics (even if you hate swimming!).
- Take a Jazzercise class, line dancing, salsa dancing or even belly dancing.
- Investigate all your options at: YMCA, Anytime Fitness, Gold's or Powerhouse Gym, even local schools have options. Plus check out walking at your local mall and visit all your parks!
- Explore YouTube for every kind of fitness video you can imagine.

My Plan: _____

Muscle Up for Life

Once you hit 40, you start to lose muscle, your metabolism slows, you gain weight more easily. Even if you walk or run, you can be losing valuable muscles in your arms, shoulders and torso. Less muscle means more insulin resistance (type 2 diabetes), lower bone density (osteoporosis), lower immunity, compromised balance, sleep problems, less self-confidence and increased depression. But just *two months* of strength-building exercises can reverse *two decades* of a typical person's muscle loss. And all it takes is 30 minutes, twice a week!

Action Steps

- Explore your choices at home, at a gym, using videos or a personal trainer.
- Read *Strong Women Stay Young* by Miriam E. Nelson, Ph.D., for a simple, at-home program.
- Consider lightweight resistance exercise bands; they come with an easy guide.
- Join a class like Body Pump, Boot Camp, interval or kickboxing with conditioning.
- You can even use your own body weight for resistance with pushups, chair dips, arm circles, lunges, calf raises and sit-ups (or planks).

My Plan: _____



Step 4: Get Adequate Sleep

When you sleep, is it deep R.E.M. (Rapid Eye Movement) sleep, that intensely recharges your batteries?

Sleep tips for improving the **QUALITY** of your sleep:

1. Avoid caffeine 4-8 hours before bedtime. (Caffeine inhibits deep REM sleep.)
2. Avoid a large evening meal.
3. Have a “before bed routine” that relaxes you and prepares you for sleep.
4. Keep your room at a comfortable temperature, with a down comforter or whatever works best for you. Consider feather pillows.
5. Maintain hydration all day so your body will adequately cool itself, slacking on liquids the hour before bedtime, to prevent getting up unnecessarily in the night.

Sleep tips for improving the **QUANTITY** of your sleep

1. Experiment to find what is YOUR optimal number of hours of sleep per night. TOO MUCH sleep makes you tired!
2. Establish a consistent routine of retiring & rising at about the same time. (Within 2 hours at least.)
3. Make the commitment to get to bed earlier. Is staying up to watch a show worth cutting into your effectiveness tomorrow?
4. Consider taking a magnesium supplement of about 250 mgs per day. Calm is a popular brand, and excellent for restless leg syndrome, and insomnia in general.
5. If you chronically have difficulty getting to sleep and/or staying asleep, ask your doctor about the hormone supplement, **Melatonin**

“I will make the effort to be in bed by _____ p.m. each work night.”

“I will take the following steps to improve both **Quality and **Quantity** of SLEEP:”**

1. _____
2. _____
3. _____



Step 5: Supplement Smartly

“Truths” that have stood the test of time

- 1) **Take Vitamin D.** The majority of Americans are Vit D insufficient, if not deficient, thanks to sunscreen and staying indoors more than we should. Northerners (above Atlanta) especially do not get enough vitamin D due to our lack of sunshine in the winter. Many experts now advise taking 1,000-5,000 IU a day in a supplement. Taking a one-a-day type vitamin provides 400-1,000 IU of Vitamin D. (Check the label). If you also take a calcium supplement that includes vitamin D, that’s another 400-1,000 IU. Taking both will not give you too much Vit D.
- 2) **Take a one-a-day type multi-vitamin and mineral supplements.** Taking a basic one-a-day type vitamin can provide “insurance” to help cover the gaps.
 - a. Buy without iron unless you have been told you are deficient or if you menstruate heavily. (Iron is a pro-oxidant and too much is NOT GOOD.) Purchase iron supplements on the side for those in your family who need it.
 - b. Consider buying a brand that includes 2,000 IU of Vitamin D, saving you from purchasing and taking more separately (see above).
 - c. Confirm bioavailability: Look for the “USP” seal or see if it dissolves within 15-30 minutes in vinegar. A good resource for supplements is Dr. Ken Cooper at www.CooperComplete.com
- 3) **Omega 3’s.** The benefit is “dousing the diseases of inflammation” such as arthritis, heart disease, cancer, and Alzheimer’s. Consider taking 2,000 mg of fish oil (about 1,000 mg of DHA and EPA) on the days you don’t eat fish. Look for molecularly distilled. Consider “burp free” or freeze capsules. (Swallowing them frozen prevents burp-back) Or you may also prefer a liquid that is lemon flavored. (Carlson’s is a high-quality brand).
- 4) **Probiotics.** Power Up Your Brain Health by keeping these live microbes, referred to as “beneficial bacteria,” in proper balance. A steady feeding of unprocessed high-fiber fruit and vegetables are the main way to keep your flora healthy. Yogurt, Kefir or Kombucha tea may also be helpful. If you don’t tolerate these foods on a semi-daily basis, consider taking a supplement (especially after a round of antibiotics.)

“I will take the following supplements to further energize myself.”

1. _____
2. _____
3. _____



What's Your *NEW* Energy IQ?

Say yes to anything you are willing to do, even if you already have been.

- Y N If I wasn't before, I will be sure to drink 8-16 ounces of water every morning.
- Y N If I partake in caffeine, I will make an effort to not have any after 4:00 pm.
- Y N Water will be my main beverage of choice throughout the day.
- Y N I will enjoy a hefty portion of vegetables or dark green salad at most meals.
- Y N I am already, or am seriously ready to be a "no fried foods" kind of person.
- Y N I will have a fruit bowl prominently displayed and regularly filled at home and/or work. Eating 2 or 3 fruits per day will happen easily for me.
- Y N When I get a sweet craving, or the afternoon slump, I will try fresh or dried fruit, with one handful of nuts and a glass of water.
- Y N I will participate in 30 mins or more of physical activity most days of the week.
- Y N I understand the power of music and will use it at least daily to energize me.
- Y N I will make a conscious effort to quit eating after 7 pm (or 2-3 hours before bed).
- Y N I will make a conscious effort to get 7-8 hours of sleep, even if it means turning the TV off before the news or a favorite show.
- Y N I will take a vitamin D rich multi-vitamin and mineral every day.
- Y N I will be certain to eat yogurt or take a probiotic supplement to keep my gastrointestinal tract balanced and immune system strong.

_____ **Add up and write here your total number of YES answers = END of seminar.**

_____ **Write what your total number of yes answers were BEFORE the seminar.**

_____ **Did you improve? How do you feel about this?** _____