

✦ 7 Effortless Ways to ✦ Recharge Your Energy ✦

*Even when you are superbusy
and completely drained*



SALLY THIBAULT
*Women's Midlife
Wellness Fitness Coach*

7 Effortless Ways to recharge your energy

01 MORNING HYDRATION BOOST

- Start your day with a glass of warm water lemon and ginger to hydrate your body and kickstart your metabolism
- Drink at least 1 litre of water before 11am with added electrolytes for that added hydration
- Check your “To-Do” list before the day begins, & schedule your toughest task first! Ticking the hardest one off first will give you a boost of confidence and energy

02 MORNING SUNSHINE BOOST

- Spend 10 minutes in the morning sunshine, without sunglasses to boost your serotonin levels and increase your feelings of wellbeing.
- Don't have time for meditation? While walking create a powerful inspiring mantra to say over and over again, so you set the day off on the right foot. Starting with ‘I am....’ – (Remember the words that follow I Am, follow you!)

03 MORNING NUTRITION BOOST

- First meal of the day – Protein plus
- Focus on protein and healthy fats, like eggs, avocado, protein smoothie or Greek yogurt, to stabilize blood sugar and fuel your morning.

04 5 MINUTE RESET BOOST

Use short EFT (tapping) sessions to release stress and overwhelm, clearing mental clutter and boosting your focus.

(See my Facebook Group <https://www.facebook.com/groups/livinglighter> or my Youtube channel for more Tapping Videos!)

Effortless Ways to recharge your energy

05 HOURLY POWER ENERGY BOOST

- Stand up every hour and do 10 quick power squats while waiting for the kettle to boil or in between calls. Squats not only help with physical strength, but are also good for brain health.
- Instead of sending inter-office emails - schedule a 10 minute walking meeting
- Take all phone calls or Social Media scrolling standing up

06 MIDDAY NUTRITION BOOST

- Keep your protein and fibre levels high throughout the day. Aim for 100g of protein, and 40g of fibre eaten throughout the day.
- Ensure you are drinking another litre of water throughout the afternoon.

07 NIGHT TIME ENERGY WIND DOWN

- If possible, take a walk while watching the sun set – helps your body create melatonin for sleep.
- No blue screens after 8:30pm
- Write down your 'tomorrows to do list', before you go to sleep, so your brain feels less overwhelmed

For more Energy Tips & Strategies

I invite you to join the Living Lighter Private Facebook group for more strategies to help you feel stronger, leaner and lighter physically, emotionally & spiritually

<https://www.facebook.com/groups//livinglighter>

Hi there, and thank you for downloading this guide!

When I am working with women, just like you, the biggest challenge they face is having the energy sustain themselves during the day.

Our midlife years, can be challenging. Not only with fluctuating hormones, but also often still in that sandwich generation of perhaps caring for elderly parents, teenagers still at home, maybe extra grandparent duties - all while still wanting to work and be successful... we are not done yet!! I hope these 7 effortless tips can help you sustain your energy throughout the day to help you - do it all!!

Who am I?

I am an Australian author, speaker, and wellness coach, specializing in helping women navigate the challenges of midlife, particularly during menopause. I focus on empowering women to regain confidence and balance in their lives through holistic approaches that integrate emotional, physical, and mental well-being.

I have over 40 years' experience in the fitness industry, and am a Professional counsellor and EFT Master Trainer using my unique intuitive skills to help people overcome emotional blockages. In 2010, I wrote her first book, David's Gift, Aspergers Life and Love, which detailed my family's experience after our son's diagnosis in 1999. The book went on to me a best seller and led to numerous requests for International and National media guest appearances, and to facilitate in-service training days for medical & educational professionals and to lead workshops and coaching for parents.

In 2018 I wrote my second book Tapping to Reclaim you, How to Reignite Your Passion, Power and Purpose in 30 Days, the ultimate guide to helping women use the evidence-based modality of Emotional Freedom Techniques (Tapping) to release stress, and anxiety and reclaim their true selves. I now combine my unique blend of passion for fitness and health together with my years of experience in coaching, to support women going through their menopause transition to feel stronger, leaner and lighter as they move into the most powerful time of their lives

I'd love to connect with you....

Facebook Group – <https://www.facebook.com/group/livinglighter>

Facebook <https://www.facebook.com/sallythibault1>

Instagram <https://www.instagram.com/sallythibault>

Linkedin <https://www.linkedin.com/in/sallythibault>

You Tube - @Sally Thibault

