

# Limitless Energy

LIMITLESS ENERGY



# CHECKLIST

## Checklist and Guide

So, you've read the book and you're feeling pretty psyched and ready to get started?

But wait, did you pay careful attention? Do you remember all the points we covered? Before you rush ahead and potentially miss some crucial steps, let's take a look at the key points again.

☐ **Eat a balanced and nutritional diet**

☐ **Reduce your simple carb intake (sugars etc)**

☐ **Try and eat more fruit and veg!**

The first thing to look at is the way you're eating. Your food can make a huge difference when it comes to your energy. Of particular interest, are the specific nutrients and supplements that can greatly enhance your energy levels. These powerful active agents include:

Creatine – which recycles ATP and is used by athletes

CoQ10 – which improves the function of the mitochondria

PQQ, Lutein – both of which also improve mitochondrial function

Omega 3 Fatty Acid – which can improve cell membrane permeability, allowing signals and nutrients to more easily cross between cells

Vitamin B6 - which helps the cells to utilize energy from sugar

Vitamin D – which regulates hormones and helps you to sleep as well as to increase testosterone

MCT oil – which stimulates the liver to produce ketones – an alternate form of energy that the brain can use

All of these different substances can be taken in supplement form which will give you an immediate boost in energy levels to help make other lifestyle changes etc. easier.

At the same time though, this supplement ‘stack’ would also be rather expensive to take on a continuous basis.

Fortunately then, all of these nutrients should also be obtained naturally through a healthy, normal diet.

Cook fresh, whole foods and avoid processed sugars for a big improvement in energy.

#### ☐ **Improve Your Sleep**

The other big change to improve your energy levels is to work on your sleep. Better sleep can make a huge difference to how you feel each day and the following tips will help you to upgrade that sleep:

- ☐ **Go to bed 30 minutes before you need to sleep and ‘decompress’ by reading a book and staying away from computers, TVs and phones. Screens emit a lot of blue wave light which are bodies recognize as daylight and so our body refuses to go to sleep. An hour or so before you want to sleep you should completely stop looking at artificial light.**

- ☐ **To get to sleep quickly, focus on being comfortable instead of trying to ‘force’ yourself to sleep**
- ☐ **Keep the window slightly open, we have adapted to sleep best in slightly cooler environments**
- ☐ **Keep your bedroom purely for sleeping and sex. Keep it tidy. The phrase out of sight out of mind is particularly apt here, because it allows your brain to be worried about less.**
- ☐ **Have a hot bath before bed to relax the muscles and stimulate the production of melatonin/growth hormone. Some scientists believe that this is one of the best ways to get to sleep quicker and to experience a better quality of sleep. Try it!**

Another tip is to be careful about the way you wake up in the morning. Instead of being startled awake by an alarm, try using a ‘daylight lamp’ that will wake you with a simulated sunrise.

### **More Lifestyle Changes**

The following lifestyle changes can also help your energy levels...

- ☐ **Exercise and use HIIT (high intensity interval training) specifically. HIIT is great for increasing your energy in the long term and is also beneficial for your health and fitness. Not only that, but it is also very time efficient and doesn't take more than half an hour for a workout.**
- ☐ **Spend time outdoors to improve your sleep. Fresh air is the environment we are used to and the sudden air can help to calm our body and allow us to sleep more deeply.**
- ☐ **Avoid drinking alcohol if possible and smoking, both of which can damage your energy levels in different ways. This is especially significant in the hours just before you go to bed. Alcohol is a depressant and a toxic, so your heart rate increases to try and rid your body of the toxic, which prevents you from sleeping.**
- ☐ **Combat stress – remove the aspects of your routine that cause you the most stress and learn to cope with mindfulness, meditation and other techniques**

The other key to getting the most energy from your body is to recognize the natural rhythms of your energy cycles. We are more awake at some points than others and by 'going with the flow' we can ensure we are at our best when we try to be productive.

The following tips will help you to work with your natural energy cycles:

- ☐ - If you are slow coming around in the morning, use this for your 'zombie' tasks, anything that you can do equally well with the TV on
- ☐ - We all have a natural 'crash' in energy at 4pm. A good way to avoid this being too destructive is to ask to move your working day forward one hour. Start work at 8am and come home at 4pm when you're energy is flagging.
- ☐ - You will always have a low energy period after eating. If you plan to be productive in the evening, fit it in before dinner. You can try having a snack to tide you over if hungry.
- ☐ - Go to bed at the same time every day whenever possible. This will help to regulate your rhythms so you will be tired at the right times of day. Remember that you should be trying to get around 8 hours of sleep each night. This is a really important factor in how much energy you will have, so even if you have to make sacrifices to achieve this, it'll be worth it!

- ☐ **Avoid sitting at a desk too much. Consider looking into a standing desk or at least walk around the office a little every now and then.**
  
- ☐ **Do you nap? Maybe you should think about following animals and either be on or off, no middle ground. Either sleep or be productive. Napping can increase your energy and your efficiency.**
  
- ☐ **Try meditating. It can be extremely calming and can help to collect your thoughts and allow your brain to rest. It's a brilliant way to overcome your brain and allow yourself to sleep.**
  
- ☐ **Write down a perfect night time schedule for yourself.**
  
- ☐ **Ensure that you have a drink of water before bed and if you need to eat it should be a nutritious carb source or protein. NOT simple sugars.**
  
- ☐ **Make yourself a motivational calendar or poster to encourage yourself to keep going to the gym and sticking to your routine.**

- ☐ **Do you commute? If you do, look into alternatives to your current method. Would you be less stressed if you cycled or walked to work? That would be a great way to exercise too!**
  
- ☐ **Identify what time of day you like best; are you a morning person or a night owl?**
  
- ☐ **Now, is there any way that you can work more during that time? Will your boss let you move your day forward so you can work 8-4 instead of 9-5?**