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NEWSLETTER - September 2008 - Issue No 2

So much to do....so little time! Tired of.... being tired? Need more energy?
To find out how you can get more energised read this month article
IGNITE YOUR ENERGY.

IGNITE YOUR ENERGY

In the September newsletter my article [*The ABC of Success*](#) looked at what it takes to succeed.

One factor I didn't cover but **affects every facet of your life including whether or not you achieve your goals**, is your **energy levels**. They affect your personal and professional life as well as how you relate to family, friends and colleagues.

People with high energy levels are

- energized
- motivated
- enthusiastic
- positive
- highly productive

People with low energy levels can feel

- unmotivated
- depressed
- stressed
- lethargic
- weary
- unable to concentrate

Some of the causes of low energy levels are:

- **bad eating habits**
- **unhealthy food and lifestyle choices**
- **excess weight**
- **lack of exercise**
- **stress**

Are you experiencing low energy levels? If the answer to that question is **yes then **it's time to get re-energised!** And **one way** of doing this is by **focusing on a healthy lifestyle!****

Factors that affect our energy levels are food and lifestyle choices as well as exercise

Food is our **body's fuel** and in the same way a car needs petrol our body's need food.

The goal in **ensuring consistent energy levels** is to select food that maintains stable **blood sugar levels** and provides the body with a **variety of nutrients**. The foods that do this have a low Glycemic Index (GI)

Examples of foods that have a low Glycemic Index

- unrefined food e.g. whole wheat bread, brown rice
- vegetables (except potatoes)
- fruit (except watermelon)

Food choices also affect the production of chemicals in our body **which regulate our energy levels and our moods**. **Serotonin** is one of a number of chemicals in our brain which is responsible for regulating energy and mood.

Foods that positively affect your mood and energy levels are:

- **Protein rich foods e.g. Dairy products** e.g. cottage cheese, milk, Parmesan cheese.
- **Eggs, Fish, Meat, Chicken, Nuts, Soy products**
- **Seeds**
- **Avocados**
- **Bananas**
- **Peas**
- **Potatoes**
- **Wheat germ**

*While these foods boost energy, some of them are high in calories so if you are trying to lose weight watch your quantities.

TIPS TO TURBO CHARGE YOUR ENERGY LEVELS

Tips to Turbo Charge your Energy Levels

Nutritional tips

- Eat **breakfast!** – THE most important meal of the day – never ever skip breakfast!
- Eat **3 - 5 regular meals** – going without food for too long causes your blood sugar to drop, causing a slump in your energy levels
- **Drink water** – Dehydration is a major cause of fatigue.
- **Eat a balanced diet** - include all the food groups, particularly fruit, vegetables and unrefined carbohydrates – depriving yourself of certain food groups can affect your moods and energy levels.
- **Go green** – green leafy vegetables are energy boosters. They are high in iron, magnesium and B vitamins
- Eat **protein and foods which will ignite your energy levels**
- **Select low GI foods – e.g whole-wheat bread, sweet potato** - they ensure your blood sugar levels are stable and provide you with lasting energy
- **Avoid or limit cakes, biscuits, sugar, white bread, white rice & processed food** - they cause sugar levels to rise and drop quickly which leave one feeling tired and lethargic

Exercise Tips

- **Get regular exercise** – at least 30 minutes 3 times a week - regular aerobic exercise increases serotonin levels. Hate gym? No problem - there are so many other options e.g. learning how to belly dance, taking the stairs instead of the lift, walking on the beach, playing golf etc etc. Find something that is fun and that you enjoy!

Lifestyle tips

- **Find new ways to relax and have fun** – find a new hobby
- **Take a walk in the sun** – lack of Vitamin D leaves you feeling tired
- **Get a good night's sleep** – lack of sleep causes fatigue
- **Quit smoking** – Feeling more energised is only one of the many benefits of giving up smoking.
- **Limit coffee, alcohol, chocolates** – they cause rises and drops in blood sugar levels leaving one feeling tired and lethargic

- **Find ways to deal with stress** – “don't sweat the small stuff”
- If you are **carrying excess weight commit to start losing**
- **Simplify your life** – clean out the clutter; focus on what's important, schedule time for fun!
- **Spend more time on things you find energising** - make a date in your diary to do at least one thing a week you find energising
To find out what energises YOU - ask yourself some of these questions.
What makes you feel “alive”? What are the things you are “passionate” about? What are the things that give you joy? What interests do you wish you had more time to pursue? Who do you know that you find energising? What is it about these things / people that you enjoy? How can you include more things you find energising in your life?
- **Cut down the amount of time you spend with activities or people that drain your energy.**
To find out what de-energises YOU - ask yourself these questions.
What drains you of energy? What things do you dread having to do? Are there things you should do but always find yourself putting off? What it is about these things that de-energise you? Who do you know that you find de-energising? What action you can take to spend less time on things you find de-energising.?
- **Free your inner child** - Sometimes we need reminding of the child within. **Children can teach us so many lessons which are energising.** Take some time out, sit quietly and observe children play. Let them help you free your inner child.

Children are our gift to the world
Our gift to ourselves is our inner child
Take a child by the hand and follow
where it leads you.

Sandy Goldberg

IGNITE YOUR ENERGY WITH OUR SPRING SPECIAL

Tired of being tired? Want to feel energised?

To Ignite your Energy levels you need to:

- Eat a balanced diet
- Eat regularly
- Lose excess weight

Register for our On-line Energising Lifestyle Programme and

**Get FOUR Consultations but
ONLY PAY FOR 3**

Usually R870.00 now only R790.00
includes a Weight Loss Kit (Value R450.00)

Each week you will receive

- Menu plans customised to suit your lifestyle, taking your food preferences and social arrangements into account
- Personalised support, motivation and advice

For further information click on www.uniquelifestyle.co.za

GET ENERGISED

CORPORATE

In order to cultivate an energised corporate culture you have to ignite the energy in your organisation.

One of the ways to do that is through Unique Lifestyle's

[Corporate Wellness Energise Programme](#)

Should you require further information please don't hesitate to e-mail me at sandy@uniquelifestyle.co.za or follow the above link

INDIVIDUAL

To get September's free motivational quotation and healthy recipe Click on the links below

- **[Soul Snack](#)**

And

- **[Deal-a-Meal Recipe](#)**

or

click on www.sandygoldberg.wordpress.com

Other links

Read **[how losing weight helped two Unique Lifestyle clients feel more energised](#)**

Click on - **[Success stories](#)** -

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