

TEN THINGS YOU CAN DO TODAY TO INCREASE ENERGY

- 1. Drink one-half your body weight in ounces of pure water daily.**
- 2. Walk briskly 30 minutes three times a week.**
- 3. Eliminate all artificial sweeteners.**
- 4. Insure you have 2-3 servings of high quality protein daily. (4 oz = serving)**
- 5. Eliminate white flour and white sugar from your diet.**
- 6. Add three servings of low sugar fruit (berries, apples, pears, kiwi) and three servings of non-starchy vegetables to your diet daily. (1 serving = ½ cup)**
- 7. Eliminate all partially hydrogenated fats from your diet.**
- 8. Take 2 minutes everyday to acknowledge and give thanks for your blessings.**
- 9. Go to bed earlier and get at least 6 and ideally 7-8 hours of sleep nightly.**
- 10. Beware isolation! Get connected to people, pets, or projects that give meaning and stimulation to you.**

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