

# FOCUSING ON ENERGY

HYDRATE AND MEDITATE

## HYDRATION

Our cells need adequate hydration to optimize producing energy (otherwise known as ATP) from food. If we are not able to produce enough ATP, fatigue sets in. When we feel tired, we tend to reach for caffeinated beverages to give us a short-term boost. Since these drinks tend to be diuretics, they can dehydrate cells further leading us to a “crash” in energy.

Even being mildly dehydrated can affect our mood, energy levels and ability to think clearly. So the next time you are feeling the mid-afternoon slump in energy consider trading the trip to the coffee machine for one to the water fountain.

## MEDITATE

We’ve all heard of a “runner’s high”, but what about it’s equivalent of Samadhi, the last stage of meditation? Research has shown that the endorphins produced after exercise and meditation were almost identical. Moreover, meditation has the ability to reduce the body’s cortisol levels, the body’s energy-zapping stress chemical, by about half. By some calculations this could double the body’s energy levels!

In addition to flipping stress into energy, meditation can help the body boost melatonin, the naturally occurring sleep hormone.



Deep uninterrupted sleep has the power to keep you going all day. Be sure to join our Optimal You Fitness Facebook group for live guided meditations for beginners to experienced meditators!

## YOGA NIDRA

Yoga Nidra, otherwise referred to as Yogic sleep, is a restorative process that allows the mind to be in the state of consciousness between waking and sleeping that is induced by a guided meditation. Evidence suggests that practicing Yoga Nidra reduces stress and promotes relaxation. Check out pre-recorded Yoga Nidra meditations on YouTube, Apple Music and Spotify!