

Energy Injection



So many people these days think it is normal to wake up still feeling tired and needing coffee or high energy food to help get them through the day. If this sounds like you, the good news is there are solutions so you don't have to feel tired all the time! By working WITH your body, you can be functioning at your best rather than fighting against it with another coffee or three in the hope that it will help.

Use the checklists below to try incorporating some, or all, of our tips and ideas!

MORNING ROUTINE	MON	TUE	WED	THU	FRI	SAT	SUN
Woke up at set wake time Helps support my natural internal clock, great for bedtime later 😊							
Caught the sunrise For feel good vibes and to tell my primal brain it's time to be alert!							
Spent time outside (no sunnies) Natural light in my eyes sets up a sequence of hormonal shifts that help energise me during the day.							
Had a big glass of water A hydrated brain is an alert brain.							
Sat by a window when indoors This is 50% less effective than being outside in the natural light but still brighter than artificial lights.							

NUTRITION	MON	TUE	WED	THU	FRI	SAT	SUN
<p>Scheduled mealtimes This helps to support my natural internal clock and maintain energy throughout the day.</p>							
<p>Ate wholegrain or starchy carbs with at least 2-3 meals Good quality carbs sustain energy and can reduce my afternoon and evening munchies.</p>							
<p>Ate protein with each meal This helps my appetite and energy levels.</p>							
<p>Drank > 1.5 L (6 glasses) of water Hydration can help with my cognitive and physical function whereas dehydration can increase confusion and grogginess.</p>							
<p>Ate 5+ servings of veg and 2 of fruit Making sure I get all my vitamins and minerals keeps me ticking over.</p>							
<p>Stopped eating > 2 hrs before bed Eating late can disrupt sleep and is not the best time for my body to process sugars and fats effectively.</p>							

EVENING ROUTINE	MON	TUE	WED	THU	FRI	SAT	SUN
<p>Limit light exposure Use low lights to support my melatonin build up and therefore sleepiness.</p>							
<p>Limit device use > 1 hr before bed Blue light from devices can disrupt natural melatonin build up and make me more alert.</p>							
<p>No caffeine within 6-12 hrs of bed Caffeine reduces the build-up of adenosine in the brain making me more alert and impacts the quality of sleep.</p>							
<p>No alcohol within 2 hrs of bed Alcohol impacts the quality of sleep and dehydrates me.</p>							
<p>Busy mind management Used a wellbeing practice to calm my mind (e.g journalling, planning the next day, meditation, breath work, reading)</p>							
<p>Went to bed at a set sleep time This helps to support my natural internal clock and promotes getting enough sleep.</p>							

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Create positive changes that last.

If you want to make it easier to live a healthier life, boost your mood and create new healthy habits to help you keep on track, Claire's planner is what you need!

The planner has been specifically designed without dates so you can start using it whenever you like! It is the perfect size to fit in your bag and with its beautiful cover, it is both stylish and durable.



- ✓ Daily and weekly planners
- ✓ Weekly challenges focused around nutrition, exercise, sleep and mental wellbeing
- ✓ Goal setting and tracking
- ✓ Space for your TO DO list and notes pages
- ✓ Healthy habit reminders
- ✓ Healthy recipes
- ✓ Inspirational quotes
- ✓ Mindfulness exercises
- ✓ Gratitude reminders
- ✓ Undated so can be started at any time



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Wake up feeling tired and not refreshed?**

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These amazing sleep masks are padded, with a soft, smooth outer fabric. They provide 100% light blackout, which is great for sleep quality. 3 colours available. **Click here** to find out more!



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Dietitians & Nutritionists



Mission Nutrition are a team of qualified and experienced dietitians and nutritionists who have the knowledge and skills to help you get results so you look and feel your best.

There is so much conflicting information out there when it comes to nutrition. We cut through the confusion and find solutions that are right for you.

- Personalised, realistic nutrition advice to suit your lifestyle
- Evidence-based
- Holistic: how you sleep, move and think all impact your wellbeing
- Behaviour-change focus, rather than templated generic meal plans
- Empowering you to make changes that can last

If you have health insurance, check your policy as you might be able to claim back the cost too!

For more information visit www.missionnutrition.co.nz