A woman with short, light-colored hair, wearing a plaid shirt over a white top and a backpack, is shown in profile, looking towards the right. She is in a forest setting with trees and foliage. The entire image has a blue color overlay.

# 5 SCIENCE- BASED

**HABITS**

TO IGNITE YOUR ENERGY  
AND LIVE A LIMITLESS LIFE



- Are you at the top of your career, running at an unprecedented pace and struggling with having enough energy to truly enjoy life?
- Are you burned out from juggling a career, a household, personal relationships and so much more?
- Do you feel like you're always putting others first and never have time for yourself?

When health is not prioritized in life, it can lead to chronic fatigue, overeating, weight gain, restless sleep or even worse—heart disease, diabetes, digestive issues, feelings of isolation and much more.

Here, you will find 5 science-based habits to Ignite Your Energy and Live a Limitless Life.

**TIP:** Start with one habit so that change is not overwhelming and adapt it to your situation.



01

# Establish a Morning Ritual

Anchor your morning ritual:



**Wake up at the same time daily:**

Set an alarm and move it across the room if you are tempted to hit snooze



**Set intentions for the day:**

Before getting out of bed ask:

- 1 How will I to show up today?
- 2 What's my focus today to get me closer to my goals?
- 3 What am I grateful for today?



**Hydrate:**

Drink 8oz of lukewarm water before your first cup of coffee

→ Add lemon and a pinch of Himalayan pink salt



**Go outside:**

Get exposed to sunlight and get grounded

→ If no sun, get in a 10-minute brisk walk



**Shower in cold water:**

Begin with 30 seconds of cold-water showering added to your regular shower

# The Science:

- Sustainable lifestyle changes involve a growth mindset, new routines and new habits.
- Having a growth mindset has been shown to increase the brain activity level and produce higher levels of achievement. Mindset is made up of beliefs, assumptions and attitudes that you hold about yourself and the world.
- All behavior is driven by beliefs. In order to change behavior, you must first examine your underlying beliefs and what you think is possible.
- Waking up at the same time every day plays to your body's need for routine. Even better, a morning ritual sets the tone for your day!
- Your body is 60% - 70% water. Your brain is almost 80% water. As you sleep without fluid intake, your body dehydrates due to normal bodily functions, excess caffeine, alcohol and sodium in foods. So, you need water upon waking for your body to produce energy.
- Daylight is key to regulating daily bodily rhythms (e.g., digestion and sleep). If you can't get sunlight, then use bright lights or red lights.
- Grounding or earthing is the practice of connecting your body to the natural magnetic frequencies produced by the earth. Recent scientific research explores grounding as a solution for inflammation, cardiovascular disease, muscle damage, chronic pain and mood.
- Prevalent studies on cold showers have reported benefits, such as, increased fat loss, improved immunity, improved muscle recovery, better sleep and increased circulation.

02

## Eat Mindfully

Improve your digestive process and nutrient absorption:



**Eat slowly and chew thoroughly:**

Eat without distractions, making every meal at least 20 minutes



**Create awareness of foods eaten and related feelings:**

Record a 5-day food journal, include your thoughts and feelings after each meal



**Eat whole foods (i.e., not processed):**

Eat nutrient-dense meals of lean protein, veggies, healthy fat and fiber

- Replace processed sugar and carbohydrates
- Choose organic, if possible

## The Science:

- The gut is your second brain and the gateway to everything that happens in the body. So, adopt habits that will facilitate the digestion of high-quality nutrients, minerals and phytonutrients.
- Eating during stress (i.e., sympathetic nervous system dominant) frequently leads to digestive upset, decreased nutrient assimilation and unwanted fat storage which leads to weight gain. When the parasympathetic nervous system is activated, the relaxation response turns on and healthy digestion, assimilation and calorie-burning capacity is amplified.
- Why 20-minutes? Because it takes that long for your body to realize it is full.
- 20% of the digestive process begins before food enters the stomach. Therefore, the more present you are while eating, and the more you chew your food, the greater impact on your total digestive process.
- Keeping a food journal that includes related feelings allows you to track the foods you are eating and how you feel afterwards. An analysis of the journal helps identify food groups eaten, portion control, hunger patterns and food intolerances along with mood and feelings.
- Whole foods remain close to their natural state and do not have added sugars, starches, flavorings or other manufactured ingredients. They are the opposite of processed foods that are produced in a factory. Eating whole foods results in a more nutritious diet full of vitamins, minerals and fiber. When possible, choose organic.
- Eliminating processed sugar and carbohydrates can lead to decreased inflammation, higher energy levels and improved focus. Foods with a lower glycemic index are digested and absorbed more slowly resulting in less impact on your blood sugar level.

03

## Move In Multiple Directions



Move more.....live more:



### Increase mobility:

Foam roll, perform mobility exercises and stretch before your workouts

- Improves range of motion and stabilization of muscles surrounding the joints



### Build strength:

Use weights, cables, bands and body-weight movement 3 times/week

- Improves lean muscle mass and bone density
- For a bonus, activate your core and glutes



### Complete aerobic activities:

Perform low to medium intensity aerobic activities 3 times/week

- Increases endurance and burns fat

## The Science:

- Movement has a strong connection to the mitochondria in our cells. These mitochondria produce ATP, the energy currency of cells. Without energy, the body does not function properly. So, keeping the mitochondria healthy and plentiful is essential for proper functioning of the body.
- Regular physical activity and movement benefit more than just the body—they augment brain function. Movement supplies brain cells with oxygen, promotes the production of new brain cells and aids in creating new connections within the body.
- Maintaining healthy, mobile joints is your #1 priority! Mobility refers to how freely a joint can move throughout its full range of motion. To exercise well, you must first move well. Each joint should be unrestricted and fully functional. Neglecting mobility impacts your capacity to move as you age. Muscles become tight and joints feel stiff.
- Numerous studies have shown that strength training can play a role in slowing bone loss, and several show it can even build bone. This is tremendously useful to help offset age-related declines in bone mass.
- Lean muscle mass boosts your capacity to generate more energy, store more glycogen, and burn more fat.
- Aerobic capacity is the maximum amount of oxygen the body can use during intense exercise and is one of the most important predictors of longevity. There are lots of benefits to increasing aerobic capacity, including:
  - 1 Capacity to train more frequently and longer
  - 2 Faster recovery
  - 3 Fat loss
  - 4 Increased and sustained energy levels
- As you become fitter, your lungs, heart, vascular system and muscles become more efficient at processing, delivering, and extracting oxygen. Thus, creating more energy!

04

## Breathe Intentionally

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Build a nasal and belly breathing practice into your daily routine:



### Breathe deeply:

- Inhale through nose for 5 seconds
- Hold for 5 seconds
- Exhale through nose for 7 seconds
- Repeat



## The Science:

- Intentional deep breathing can regulate and calm the Autonomic Nervous System (ANS). This system regulates involuntary body functions such as your heart rate, digestion, respiratory rate and blood flow. The calmer the ANS, the less stress on your body!
- Nasal breathing, combined with low belly breathing, is a very effective approach to optimal health. The increased oxygen we get through nasal breath increases energy and vitality.
- Focus on breathing through the nose and into the belly. The nose is specially designed to breathe through. It warms, moistens and filters the oxygen used in your body. This helps keep you hydrated and protected from allergens, bacteria and viruses.
- Low belly breathing activates your diaphragm to rise and fall with each breath, producing a belly movement. This movement massages the stomach and vital organs of digestion, and promotes good elimination, another way to remove toxins from the body.
- This type of breathing also stimulates the vagus nerve and helps put your body into a calm down and relax mode (i.e., rest/digest state).

**05**

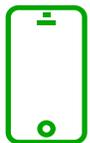
## Establish an Evening Ritual

Protect your sleep with a bedtime routine:



**Go to bed at the same time daily:**

Set an alarm 60 minutes before your bedtime to start your evening ritual.



**Power down electronics:**

Shut down all electronic 30 minutes prior to lights out.

→ Best to wear blue light blocking glasses if you use electronics 60 minutes prior to lights out.



**End caffeine consumption:**

Finish your last cup at least 6 hours prior to lights out.



**Limit alcohol consumption:**

Finish your last drink at least 3 hours prior to lights out.

→ If you have drinks, consume 8 ounces of water between drinks.



**Eat a light snack:**

Eat a small snack of lean protein and healthy fat prior to lights out.

# The Science:

- Your sleep cycle is closely linked to light in your environment. So, your internal clock helps you naturally feel more awake during daylight hours and more tired at night.
- Ideally, you should stick to the same sleep schedule (within 30 minutes) every night (even on weekends). This consistency helps your body find its natural rhythm and settle into a regular sleep-wake cycle.
- Exposure to all colors of light helps control your natural sleep and wake cycle or circadian rhythm. More so than any other color, blue light affects your body's ability to prepare for sleep because it blocks a hormone called melatonin that makes you sleepy. Shutting off electronics before lights out helps mitigate this impact.
- Caffeine stays in your body for up to 6 hours after consumption. Caffeine also blocks the daily production of adenosine-- a neurotransmitter that promotes sleep. The more adenosine produced throughout the day, the higher your sleep drive. Caffeine reduces that sleep drive!
- Alcohol may help you fall asleep. However, it suppresses REM sleep. When your body metabolizes alcohol, it produces aldehydes—chemicals that block the brain's ability to generate REM sleep. Your body needs REM sleep to fully rejuvenate and for memory processing & integration.
- A light snack of lean protein and healthy fat can stabilize blood sugar throughout the night. When blood sugar is stabilized throughout the night, you are less likely to wake up due to insulin and cortisol spikes.

*All information provided in this eBook is for information purposes only. Every individual is unique and should follow his or her doctor's specific instructions. Please discuss nutrition, medication and treatment options with your doctor to make sure you are getting the proper care for your situation.*

# Ready to Live a Limitless Life?

CLICK HERE TO BOOK AN IGNITE YOUR ENERGY CALL WITH CRAIG



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Craig is a former burned out global executive who struggled with exhaustion, poor sleep, inconsistent food choices and feeling confident in his own skin. He was so driven that his lifestyle started to impact his health. After being order to bedrest, he realized that he had to make a change. So, he went on a 5-year journey to transform his health and lifestyle through science-based behaviors. Today, he empowers other executives who find themselves in a similar situation to a life that is harmonious, healthy, and limitless!