A person's legs, wearing blue denim shorts, are captured mid-splash in the ocean waves. The water is a vibrant turquoise color, and white foam is visible around the person's feet. The background shows a blurred coastline with a large hill or mountain under a clear sky.

THE 5-MINUTE
*Energy
Boost*
GUIDE

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Hi friend!

Tired of Feeling Drained & Run Down?

You don't need more coffee, energy drinks or extreme lifestyle changes to feel better. With just a few simple tweaks, you can recharge your energy levels, improve your focus and feel your best—fast. This guide gives you science-backed, easy-to-implement strategies that take just 5 minutes to work.

Sincerely,

Kate

Nutritional Therapist

WWW.JOURNEYTOJOYCOACHING.CO.UK



The 3 Biggest Energy Zappers

(AND HOW TO FIX THEM)

01

Dehydration.

Even mild dehydration (as little as 1-2% loss of body water) can cause fatigue, brain fog and low energy. Many people mistake thirst for hunger or tiredness.

✓ Quick Fix: Drink a full glass of water with a pinch of sea salt (for electrolyte balance) the moment you feel sluggish. Bonus: Add a squeeze of lemon for an extra refresh!

02

Poor Posture & Lack of Movement

Sitting for long periods reduces circulation, slows oxygen flow to your brain and makes you feel sluggish.

✓ Quick Fix: Stand up, stretch and do 30 seconds of movement (arm circles, star jumps or simply walking around) to boost circulation.

03

Shallow Breathing.

When we're stressed or focused on work, we tend to take quick, shallow breaths, which reduces oxygen to the brain and body, making us feel exhausted.

✓ Quick Fix: Try the 4-7-8 Breathing Technique—inhale for 4 seconds, hold for 7 seconds and exhale slowly for 8 seconds. Repeat 3-5 times for an instant energy lift.

The 5-Minute Energy Boost Ritual

This simple, science-backed 5-minute routine helps reset your body and mind for an instant energy surge. Do this anytime you feel sluggish or need a mental refresh.

01

Step 1: Hydrate First (1 Minute)

Drink a full glass of water (add lemon or a pinch of sea salt for extra benefits). This instantly rehydrates your body and wakes up your system.

02

Step 2: Deep Oxygen Reset (1 Minute)

Practice the 4-7-8 breathing technique to increase oxygen flow and reduce fatigue.

03

Step 3: Move Your Body (2 Minutes)


Choose one:

- ✓ 20 star jumps + 10 squats
- ✓ 30-second plank + 10 deep stretches
- ✓ A brisk 2-minute walk

04

Step 4: Natural Light & Refresh (1 Minute)

Go outside or stand near a window for natural **sunlight exposure** (which regulates your energy hormones). Splash **cool water on your face** or rub your hands together and press them over your eyes for a quick sensory wake-up.

 Total Time: 5 Minutes – Energy Boost Achieved!

The Simple Nutrition Hack

FOR ALL-DAY VITALITY

Want stable, all-day energy without afternoon crashes? The key is blood sugar balance.

The Quick Fix: Add Protein + Healthy Fat to Every Meal

Processed carb-heavy meals (like bagels, pasta or cereal) cause a blood sugar spike, leading to an inevitable crash. Instead, aim for something like this:

01

Breakfast: Scrambled eggs + avocado toast

02

Lunch: Salad with grilled tofu, olive oil and nuts

03

Snack: Greek yogurt with berries or hummus with veggies

This combo stabilises blood sugar, reduces cravings and keeps your energy steady all day.

BONUS

THE 24-HOUR ENERGY RESET PLAN

Want a full energy reboot in just one day? Follow this plan:

◆ Morning:

- Drink a full glass of water upon waking
- Get 10 minutes of natural sunlight
- Eat a protein-rich breakfast (avoid sugary cereals)

◆ Midday:

- Move for 2 minutes every hour
- Have a protein + healthy fat snack
- Do one 5-minute energy boost ritual

◆ Evening:

- Avoid caffeine after 2 PM
- Unplug from screens an hour before bed
- Wind down with deep breathing or light stretching

Follow these steps and by tomorrow, you'll wake up feeling refreshed, recharged and ready to take on the day!

READY FOR THE

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Sign up for my next webinar:
3 Powerful Changes to Boost Your Energy and Confidence in 90 Days

I run monthly webinars throughout the year, so click the link below to see the full schedule and sign up for booking reminders.

They're free!

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