

5 WAYS TO BOOST YOUR ENERGY INSTANTLY



DRINK A BIG
GLASS OF
WATER IN THE
MORNING



LITE EXERCISE
(STRETCH)



EAT 1
PIECE OF
FRUIT



STAND UP FROM
YOUR DESK FOR
AT LEAST 2
MINUTES EVERY
HOUR



WALK
AND
TALK



Boost Your Energy

Y Pai



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news is that healing and maintaining a healthy gut is not difficult or time consuming This simple two day maintenance plan is supported by deliciously nourishing recipes handy tips and information to enable you to enjoy the countless benefits of a happy healthy gut for life

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Boost Your Brainpower Ellen Michaud,Russell Wild,1993-05 A Total program to strengthen and expand your most important resource

Energy Boosters Handbook Sarah Brewer,2002 Everything you need to know to rejuvenate your body increase your mental and physical energy and reclaim your zest for life How would you rate your physical emotional spiritual or sexual energy In a market flooded with natural health therapies Healing Handbooks Energy Boosters is a one stop resource for rating strengthening and healing your body mind and spirit With an illustrated catalog of energy superfoods diet plans supplements and exercise routines for strength and endurance there is no better place to turn for well researched and uplifting information

Energy Forever Sid Kirchheimer,Gale Malesky,1997 From food and exercise to mental tricks and desk toys this is a complete guide to getting energized It provides hundreds of specific energy enhancing tips and techniques

Energy Breakthrough Sarah the Duchess of York,Sarah Ferguson,Weight Watchers International,Weight Watchers,2002 Combines inspirational support with a practical plan featuring a stamina raising diet designed to keep energy levels up while losing weight and includes advice on using exercise to enhance vitality and fixing energy robbing eating habits

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