

**TOP 5 ACTIONS YOU CAN
TAKE TODAY TO
INCREASE YOUR ENERGY
AND KEEP IT GOING**



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READY TO RE-ENERGIZE?

Energy, by definition, is the strength and vitality required for sustained physical or mental activity. Your energy can be either fueled or drained by different factors emanating from various activities, people, or food in your life.

While food and drinks can fuel or drain your energy, other areas of your life also have a significant impact on the flow of energy in your body and mind. Things such as career satisfaction, relationships you choose, the state of your finances, physical exercise, and a nourishing spiritual practice are critical to your energy.

As a woman, you carry a lot on your shoulders, which might make you feel drained. No one wants to give less than 100% to the people or projects that matter to them. There comes the point when you need to realize that taking care of yourself is essential if you want to keep showing up and giving your best. To do this, you need to make sure that you are adequately fueled and that your energy is vibrating at the highest frequency possible.

Now let us get to the juicy part. Here are the top 5 actions that you can take today to increase that energy that you're lacking. Most important of all, engaging in these actions regularly and making them part of your life will ensure that you don't feel constantly drained since you will be re-fueling consistently.



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1 TAKE ONE DAY A WEEK

To relax and recharge. The only goal for that day will be to do things that you enjoy and that recharges you. Engage in activities such as reading your favorite books, getting a massage, spending the day at the beach, or sleeping all day if that's what you need. Whatever it is, just make sure it's something enjoyable and relaxing.

EAT HIGH-QUALITY FOOD

Try having foods that are natural, organic, grass-fed, local, and sustainable. Everything around us is energy and the same applies to what we consume. If we want to have more energy we need to nourish ourselves with quality products to have the best results. Your body is the ultimate machine but you cannot expect optimal performance with crappy fuel.



3 MAKE EVERY MEAL A RITUAL

Sit down and really enjoy having every meal. Be grateful about the food you are about to consume and mindful throughout the entire process. Look, smell, and really flavor your meal. Light a candle and serve the food in your nicer plates. Make it a special event since it is! This way you really cherish nourishing your body. It also creates awareness of when you are full and satisfied, preventing you from overeating which actually drains your energy.



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4 CREATE A MORNING ROUTINE

The beginning of your day is what sets the foundation for the rest of it. It is your opportunity to gather up the energy that you'll use during the next hours. Engage in fueling activities such as meditation, deep breathing, journaling, yoga, or reading, just to mention a few. Choose a practice that feels great to you. Feel free to experiment with them and pick the ones that bring you the most joy.

5 FIND SUPPORT

A great way to increase your energy and keep it going is finding someone to share your journey with. That support can come from a friend, therapist, Health Coach, or an online support group. Connecting with someone else helps you process your emotions and liberate yourself from energy blocks that could prevent you from reaching your health goals.

Remember, health is a journey, not a destination. In life, everything fluctuates, and gaining balance is not something static. Having balance means noticing when things are not how you want them and taking action to get where you want to be. Taking these 5 actions will help you regain that energy that you've lost and keep it flowing on a daily basis. Whenever you feel you're out of it again, which will eventually happen, connect with yourself. Ask yourself, what I'm I missing? What is draining my energy? And go back to basics to attain it. You've got this!

HI THERE!



My name is Ginamaria, and I'm a Pharmacist as well as a Nutrition and Wellness Health Coach.

I help women whose main health concern is lack of energy, kickstart a healthy lifestyle to regain energy and vitality through nutrition and wellness practices so they can feel healthy, confident, and empowered.

After years of a diet that consisted of processed foods, high amounts of sugar, and no vegetables or fruits, combined with a stressful job and a work-hard-play-hard mentality, my body and mind were left completely drained. I started experiencing weight gain, food sensitivities, anxiety, anger, and lack of confidence.

This all changed once I started to take action towards a healthy lifestyle and gain control of my health. The problem was, I had no idea what that meant, and therefore it consumed a lot of time, studying, and trial and error to finally get a grasp of what I needed to do to feel my best.

Getting to know my body and myself better and knowing how to find balance in my every day, completely changed my life. I regained my energy and confidence, which has led me to live a life full of vibrancy, passion, and adventures.

Now I've made it my mission to help other women feel the same and live the life that they dream and desire.



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INCREASE YOUR ENERGY?

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Healthy Women Community

There you'll find...

Nourishing Food Ideas
Self-care Practices
Healthy Lifestyle Tips
Energy-Inducing Recipes
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I WANT IN!



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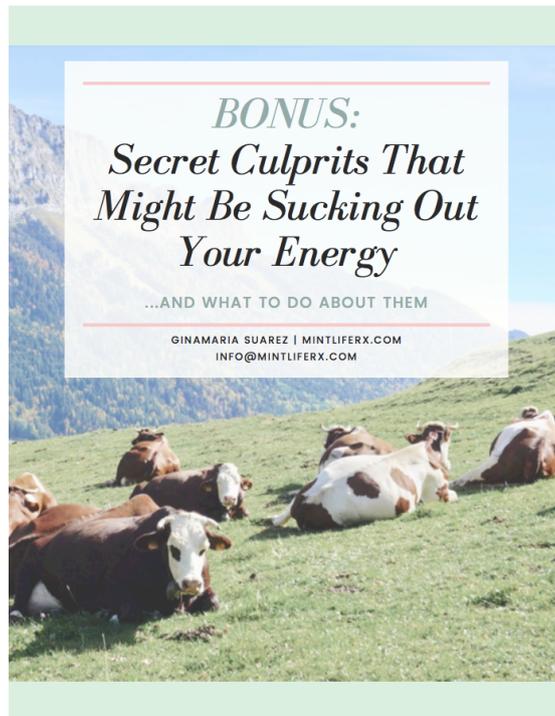
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DON'T FORGET YOUR
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Secret Culprits The Might be Sucking Out Your Energy

...And What To Do About Them



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