

1-Day Energy Reset Guide

Morning

Hydrate First:

- 12-16 oz. water with a pinch of sea salt or a splash of lemon before coffee.
- Optional: Add electrolytes or a scoop of collagen for bonus benefits.

Move for 5 Minutes:

- 10 air squats
- 10 arm circles
- 10 glute bridges
- 10 cat-cow stretches
- 1-minute walk (indoors or outdoors)

Midday

Fuel with Purpose:

- Lunch = protein + produce + portioned carbs/fats
- Skip the sugar crash: avoid heavy, processed meals

Water Check:

- Aim for half your body weight in ounces by end of day
- Refill your water bottle now

Evening

Wind Down Routine (Start 30-60 mins before bed):

- Turn off screens
- Light stretching or reading
- Optional: herbal tea or magnesium supplement
- Set sleep goal: 7-8 hours

Pro tip: Try this once a week or after a stressful day to bounce back.