

POWER UP

ENERGIZE

your life for better health

POWER Up is a five-week campaign focused on small, sustainable lifestyle changes that LIVESMART participants can integrate into their daily routines to boost energy naturally.

1

REGISTER FOR THE CAMPAIGN

Register online or with your on-site Ambassador.

2

GET READY TO POWER UP

Pick up your participant guide from your Ambassador and begin tracking on February 17th. You can also track and complete this campaign online in your LIVESMART portal.

3

TRACK YOUR PROGRESS

Complete at least four (4) activities each week and check the box on your paper tracker.

4

SUBMIT YOUR TRACKER

Submit your completed tracker to your Ambassador or in your LIVESMART portal by March 28 for campaign credit.

SCAN TO
GET STARTED



POWER UP EACH WEEK:

- Fuel Your Body for Natural Energy
- Boost Energy with Activity
- Balance Your Life to Boost Energy
- Focus Your Energy
- Power Down to Rest and Recharge

For more information, please contact LIVESMART at:
www.livesmartoni.com | 888.501.1252 | connect@livesmartoni.com

POWER UP TRACKER

Complete four (4) or more activities each week and check the box when complete. Complete the prompt at the end of the week of one thing you would like to continue as you move forward in the campaign. Submit your completed tracker to your Ambassador or in your LIVESMART portal by March 28th for campaign credit.

WEEK 1

Fuel Your Body for Natural Energy

Eat your last meal of the day at least 2 hours before bedtime

Replace sugary snacks with nuts, fruit, or cheese today

Aim for half your body weight in ounces of water today (ie 200 lbs = 100 oz of water)

Eat smaller portions every 3-4 hours today

Limit caffeine intake to one beverage of your choosing for the day (coffee, tea, etc)

Start the day with a protein-packed breakfast of eggs, greek yogurt or cottage cheese

Drink 8 ounces of water before any caffeine today

What's one thing you want to carry forward from this week?

WEEK 2

Boost Energy with Activity

Get movement outside today by walking, hiking, or biking

Try a new exercise class or video today

Take a walk on your lunch break

Get 30 minutes of moderate exercise today

Engage your muscles in body weight or strength training today

Take three 5-minute movement breaks (walking, stretching, etc) during your day

Take a 15 minute walk upon waking

What's one thing you want to carry forward from this week?

WEEK 3

Try a yoga class or

Practice gratitude by writing down

Call a friend or family

Spend 30 minutes

Read or journal at the

Limit your recreational

Start your day with 10 minutes

Balance Your Life to Boost Your Energy

stretching video

3 things you are thankful for today

member to catch up

outside in nature today

end of your day

screen time to 2 hours today

of mindfulness, prayer or meditation

What's one thing you want to carry forward from this week?

WEEK 4

Focus Your Energy

Take a 5 minute walk or stretch break to clear your mind before your next task

Practice positive self-talk by saying 3 good things about yourself

Declutter your space & refresh your work setting

Limit time on social media or other apps to 30 minutes

Write out a plan or to-do list for your day

Tackle the hardest projects first in the morning

Try the 5-minute rule: if it takes less than 5 minutes, complete it

What's one thing you want to carry forward from this week?

WEEK 5

Power Down to Rest and Recharge

Create a good sleep environment that is dark, cool and free of distractions

Avoid tobacco or alcohol use which can disrupt sleep quality

Eat foods rich in magnesium like bananas, almonds, avocados, and dark chocolate for muscle relaxation

Try an herbal, caffeine-free tea before bed

Eat a balanced dinner 2-3 hours before bed

Cut off caffeine intake by 3pm

Limit screen time an hour before bed

What's one thing you want to carry forward from this week?

NAME: _____

LOCATION: _____

COMPANY: _____

EMPLOYEE SPOUSE

POWER UP YOUR DAY

Tips for *natural energy* all throughout the day



WAKING UP

Tips for *energy in the morning*

Hydrate Right Away: Drink a glass of water when you wake up to kick-start your metabolism and rehydrate.

Get Some Morning Sunlight: Natural light helps to regulate your body's internal clock, improving alertness and energy levels.

Eat a Balanced Breakfast: Choose a breakfast with complex carbs, protein, and healthy fats to sustain energy.

Incorporate Movement: Stretching, yoga, or even a short walk boosts energy and positivity for the day.

Drink Green Tea or Matcha: These options contain a natural, gentler form of caffeine than coffee.

Limit Morning Screen Time: Take time to ease into your day to preserve mental energy and reduce stress.

Rate your energy level when you first wake up:

1 2 3 4 5 6 7 8 9 10

(1 = very tired; 10 = rested and energized)

Your answer can give you insight into your body's ability to rest and recharge at night.

Evaluate your sleep duration and quality to identify areas that might need to be addressed.



MID-DAY

Tips for *energy during the day*

Make time for Movement: Short stretching and walking breaks increase alertness and blood flow.

Drink Water: Stay hydrated to prevent dips in energy.

Eat a Light, Balanced Lunch: Consume a meal with lean protein, whole grains, and vegetables to maintain stable energy levels.

Listen to Energizing Music: Music, especially something upbeat, can be a great mood and energy booster.

Snack on Protein and Fiber: Choose a snack, like nuts, yogurt, fruits, and vegetables.

Try Deep Breathing Exercises: Lift your mood quickly with deep belly breathing.

Step Outside for Sunlight: Improve alertness and mood with time outside.

Rate your energy level in the middle of your day:

1 2 3 4 5 6 7 8 9 10

(1 = very tired; 10 = energized)

Your answer can give you insight into behaviors possibly affecting your natural energy level.

Evaluate how you are fueling and moving your body to identify areas that might need to be addressed.



END OF DAY

Tips for *good quality rest*

Set a Consistent Bedtime: Regulate your body's internal clock with a regular bedtime routine.

Limit Screen Time Before Bed: The blue light from screens can make it harder to fall asleep.

Avoid Heavy Meals Before Bed: Eat early or choose a light snack for better sleep.

Wind Down with Relaxing Activities: Try reading, gentle stretching, or practicing deep breathing to signal it's time to wind down.

Limit Caffeine in the Afternoon: Avoid it after the early afternoon to ensure it doesn't affect sleep quality.

Create a Comfortable Sleep Environment: Keep your bedroom cool, dark, and quiet for better sleep quality.

Prepare for the Next Day: Laying out clothes, prepping lunch, or making a to-do list can ease morning stress.

Limit Alcohol Before Bed: Alcohol can disrupt sleep quality, leading to feeling groggy and less energized the next day.

Rate your energy level at the end of your day:

1 2 3 4 5 6 7 8 9 10

(1 = very tired; 10 = overstimulated or "wired")

Your answer can give you insight into how well your body is keeping up with the demands of your day.

Make a plan for tomorrow - what is one thing you can do differently tomorrow to boost your natural energy levels?