Power of Healthy Energy

Diet is a major factor in feeling good, reducing stress and having energy!

~Good Food To Boost Yourself~

- Apples: Activate blood flow, and are high in natural sugar and fiber.
- Apricots: Contain lycopene and vitamin B which drive our hormones.
- Bananas: Provide fiber and potassium. Potassium helps in maintaining normal muscle function and also aids the nervous system.
- Cheeses: Contain calcium and lactic germs; strengthens stomach functions.
- Oranges: Have a complete series of vitamins that increase antibodies, which provides extra energy and defense against sickness.
- Green tea: Full of polyphenols, thus maintains the body strong and energized.
- Oats: Made-up of carbohydrates that break down and convert to energy.
- Nuts: Consist of Omega fatty acids, energizes and improves health.
- Fish: Rich in Omega 3, a substance which helps both body and mind.

*Remember: Too much of anything can be a bad thing*

Keep your motor running~