

**5 KEYS
FOR IMPROVING YOUR
ENERGY, MENTAL CLARITY & FOCUS**

ENERGY

**START LIVING EACH
DAY AT YOUR MAXIMUM POTENTIAL
FOR YOU AND YOUR FAMILY**

HEALTHIERHAPPIERBETTER.COM

FOCUS

SO YOU'RE FEELING TIRED, FOGGY, ABSENT-MINDED, LIKE LIFE IS PASSING YOU BY?

That is, unfortunately, the way a lot of busy parents feel. The feeling is actually pretty pervasive in society today. Whether you have kids or not, there's a chance that you've experienced a general lack of energy and reduced mental clarity at some point in your life—if you are reading this, you (or someone you love) are likely struggling with lack of energy and/or brain fog right now. You are not alone.

If you're serious about feeling better, here you will find the keys to making a change. You will find some things you may already know, and I'm confident you'll learn some new tips—ways to make it a bit easier on yourself. The pathway to living a better life is right at your finger tips if it's important to you and you want to be a better person for the ones you love.

The reason I have put this together for you is because I was right where you are. I was serious about being a better mom to my young son and daughter. I was tired of telling them just how much mommy was too tired to play or get up in the morning when they did. I wanted to be a good role model for them—and I was having trouble. Since incorporating the things outlined here and beginning to experience how much better things can be, I've become passionate about helping other families.

My focus on families lies with a passion to change the paradigm we live in now. I want to look around and see fit, healthy, happy children and young adults enjoying their lives. It would be wonderful if today's youth didn't have to spend their lives chasing their health—that they make good choices out of habit, not necessity.

Your kids want you to spend time with them. The time we have to raise them and play with them is so, so short. Wait too long to make a change you will miss the only opportunity you have to experience every moment you have to spend with them. We can't know which ones matter the most, so make them all matter.

Many of the things you should do to help you be better you are probably already aware of, and they are proven strategies for feeling better and living a healthier and happier life. But you may find some surprises. Often it's not what you know, but rather the how. I do offer coaching to help you with the how. If that is something you'd like to learn more about there will be information on how to get in touch with me further on in this document.

YOU ONLY LIVE ONCE. DO IT BETTER.

**TAKE CARE OF YOUR
BODY, IT'S THE ONLY PLACE YOU
HAVE TO LIVE**

— JIM ROHN

HEALTHIER, HAPPIER, BETTER

MY BELIEF, MY PHILOSOPHY, MY VISION IS THAT WE CAN MAKE SMALL CHANGES ON THE PATHWAY TO BETTER. WE CAN MAKE HEALTHIER CHOICES IF WE KNOW WHAT THEY ARE. WE WILL BE HAPPIER WHEN WE LIVE A LIFE WITHOUT SICKNESS, LACK OF ENERGY, AND UNCLEAR THOUGHTS. OUR ACTIONS CAN TAKE PLACE SIMPLY, ONE DAY AT A TIME. MY GOAL IS TO HELP YOU MAKE CHANGES IN YOUR HABITS THAT WILL LEAD TO BIG REWARDS. YOUR HEALTH AND WELLNESS SHOULD BE EASY-TO-IMPLEMENT STRATEGIES THAT LEAD TO BIG GAINS YOU CAN EXPERIENCE OVER A LIFETIME AND BE BETTER.

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KEY #1

MOVE YOUR BODY— EXERCISE, EVEN IF IT'S ONLY FOR A FEW MINUTES A DAY. EVERYDAY.

What excites the brain, invigorates the body, and improves mood better than anything else? Exercise.

Exercise is top on the list of things you should do to gain more energy and focus. Since the dawn of the automobile, people have moved a lot less and it shows. Regular exercise has been proven time and again to improve health by lowering blood pressure, reduce the effects of aging, keep you at a healthy weight and aid in brain health, among many others.

If you're worried about time, or you think it'll be too hard, or you have no idea to start, start out small. A few minutes a day is all it takes. You don't even have to leave your house to get in an effective workout. Remember, you're looking for better—more energy and focus. We're not training for a marathon or Iron Man. If you start out doing too much too soon, you will likely feel more soreness than is comfortable and that can become your next excuse for why you "can't" workout today.

If the thought of planning a workout keeps you out of the gym, modern technology has you covered. Go to your iOS or Android device and search for Sworkit or visit the [Sworkit website](#). It has tons of great workouts designed for all levels of fitness and interests. You can get a killer workout in a short period of time without leaving your house. There are plenty more options—that's one I'm familiar with and use every morning.

Kids benefit just as much or more so from exercise as adults. Get your kids moving with the [Sworkit Kids app](#). They will have more energy (or burn some off) and do better in school. Kids today aren't getting nearly enough exercise. Starting good exercise habits early on will help them go on to be more successful, happier, and healthier. This is a super simple and a fun way for the family to hang out together while boosting energy levels and improving brain function at the same time.

Grab the kiddos and/or your dog if you want company and take a stroll around the block, a nature trail or nearby park. Anywhere you can walk at least 10-20 minutes. Each time try going just a little bit farther or faster. You can use an app like [Runkeeper](#) to keep track of your progress.

Seriously, start exercising. Don't worry about how long or where or what or the intensity or whether you have to go to the gym. [Download Sworkit](#) (or find another "do anywhere" exercise app and use it). Just start—that's the hard part—once you get going and notice how good you feel you can change things up.

Need help getting started? Sign up for a free consultation [here](#).

KEY #2

PUT REAL FOOD INTO YOUR BODY FOR BETTER PERFORMANCE.

EATING HEALTHY FOOD AS A FAMILY HELPS EVERYONE FEEL BETTER TOGETHER

What does it mean to put real food into your body? Very simply, eat food that is found in nature, in its most whole form. Avoiding highly processed food is a good practice. Very minimally processed food can be okay. For example, olive oil is processed. The olives get picked and then squeezed for the olive oil. In some cases it can get further refined, removing more of the good components and sometimes adding in chemicals not found in nature. In this example the extra virgin (the least refined, i.e., least processed) is the preferred choice.

Start with omitting non-food “food.” Soda in any formulation, preservatives; and artificial colors, flavors and sweeteners. While this is somewhat controversial, avoid GMOs and genetically engineered food. New evidence is finding a variety of reasons why they are not good for you.

A food-type you should avoid as much as possible is highly processed carbohydrates. The more processed, the more it causes a spike in your insulin levels. Avoid refined sugar. It's hard to not eat any sugar, so learning how to replace it with natural sweeteners that are able to satisfy your craving without over consuming the treat can be done and is something I teach.

What haven't you been eating that you should be eating more of? Fat. (You thought I was going to say veggies, didn't you.) Yes, eat more fat. And more veggies too while you're making improvements to the food you eat. Your brain likes fat and needs adequate nutrients to run properly. After so many years of being told that

low fat was the way to go it might be challenging at first, but when you start eating more fat, you will notice you are not as hungry and you will feel better, and look better. Statistics show that it was after the recommendation that we eat less fat and more carbs that the obesity epidemic, chronic disease and metabolic disorders skyrocketed.

Shop the store perimeter where you will find the healthier food options. **Produce:** Find veggies and berries that you like to eat. **Meat & Eggs:** Eggs from pastured poultry, fattier, grass-fed, pastured, meat, like beef, pork, chicken and lamb. **Fish:** Omega-3 fatty acids are brain food. You can get these in fatty fish like salmon, tuna and sardines. **Nuts & Seeds:** Walnuts, almonds, macadamia nuts, pecans, chia seeds, flaxseed, and hemp seeds. **Oils:** Buy unrefined coconut oil, cook with lard made from pastured hogs and not hydrogenated. Do not buy or consume hydrogenated fat and oil like margarine and vegetable shortening.

If you're worried you won't enjoy the food you eat because you're changing your food habits, I assure you you will find you enjoy food so much more when you make your calories count. We eat food we like, so I work hard to make food that is approved by my kids and husband that I think you and your family will like too.

Keep in mind that some of the food available to eat today is literally addictive and can be difficult to remove from your diet. I teach strategies that will help you improve your habits and get you on the right path to a healthier diet.

KEY #3

BEGIN A MINDFULNESS PRACTICE. MENTAL CLARITY & HAPPINESS CAN BE FOUND IN MEDITATION.

What does it mean to be mindful and how can that help you? Mindfulness is basically being in the present moment. If you have a current meditation practice, keep it going. Giving your mind a chance to take a break makes a big difference in your ability to find mental clarity. If you don't have a meditation practice you can start one in as little as 1 minute a day or as long as you have to sit quietly. Not sure where to start? There are several apps that you can download—for example, [Headspace](#) and [Calm](#). Practicing mindfulness is also great for kids and can make a big difference in their overall happiness as well.

GET STARTED IN 4 EASY STEPS

- 01.** Sit in a quiet, comfortable spot where you won't be disturbed. Place your feet on the floor and keep your back comfortably straight. Find a spot to gently focus your eyes without looking around.
- 02.** Breathe in deeply through your nose and exhale through your mouth a few times. Gently close your eyes after the final deep exhalation. Breathe normally. Feel your body weight and points of contact on the chair. Gently scan down from head to toe through your body to get a sense of how you feel.
- 03.** Focus on your breathing and begin to count 1 with your in-breath, 2 with your out-breath and so until you get to 10. Then repeat. When your thoughts drift away, gently bring your attention back to your breathing. You can set a timer or sit until you feel done.
- 04.** When you are finished, release your mind from focusing on your breathing and bring your attention back to your body. Open your eyes.

YOU ONLY LIVE ONCE. DO IT BETTER.

04

SLEEP FOR ENERGY, MENTAL CLARITY, WEIGHTLOSS, ANTI-AGING & OVERALL WELLBEING

Are you allowing your body to get at least 7 hours of sleep every night? Research suggests we need about 7 hours of sleep each night to be at our best—for our brain to perform optimally. Getting enough sleep has been shown to help slow the aging process and help with general health and wellness. Researchers have also found that driving while sleep deprived can be more dangerous than drinking and driving. It leads to lower productivity, cognitive decline, irritability, and depression.

Here are some tips to help you get a good night's sleep. Go to sleep at the same time every night. Keep the nighttime temperature to around 67°F, remove cell phones and other devices from your bedroom, don't watch TV in your bed, read a book or magazine just before bed, meditate, use a white noise machine, and block out light. Exercising during the day (not right before bedtime) can aid in getting to sleep each night. Don't use sleeping medications. If you find you cannot get to sleep, try getting out of bed for a few minutes, maybe read or meditate in another room and then try to sleep again when you are tired. If you have a spouse who makes it difficult for you to sleep due to snoring or tossing and turning, you may need to sleep in another room until you can convince them to follow your new sleeping advice.

There's an app for tracking your sleep quality too—[Sleep Cycle](#). It can help you see how well you're sleeping and help you wake up at a time when your body is naturally beginning to wake on its own.

Maybe you're someone who has tried all of these techniques and you still have trouble sleeping. In my coaching program we take a look at sleep and more ways to help you get the best rest possible.

TIP #5

GET YOUR BODY TO USE KETONES FOR FUEL

CONTRARY TO WHAT YOU MAY BELIEVE, GLUCOSE IS NOT THE ONLY FUEL SOURCE FOR YOUR BODY. GLUCOSE TRIGGERS INSULIN AND INSULIN MAKES YOU STORE FAT. THERE'S A BETTER WAY.

What are ketones? Put simply, ketones are produced by your liver when your body burns through all of its glucose and starts using fat for fuel. Turns out, ketones provide a faster and steadier stream of energy to your body than glucose. When your body switches over to using ketones for fuel instead of sugar, you are in a state called ketosis.

Researchers have known for almost 100 years that ketones have a positive effect on the brain—as is shown in the use of a ketogenic diet as a prescription for severe epilepsy in children.

Historical evidence also points to references of fasting, which induces a state of ketosis. Some religious holidays today still practice fasting. Our ancestors would not likely have survived if ketones were not a beneficial fuel for the brain. The study of ketones and their affect on the brain sort of went out of fashion with the recommendation that we eat a low fat diet and with pharmaceutical “cures” for brain ailments.

The ketogenic diet has gained traction lately because of its success rate with helping people lose body fat quickly. People on the ketogenic diet report feelings of energy, mental clarity and focus and better mood. I can personally attest to all of those things and more.

Ketone research is on the rise. Researchers are finding ketones have a positive affect on the Alzeihmer's brain and in combatting cancer.

Other benefits of ketones are the preservation of muscle mass, protection of the brain from cognitive degeneration, help with sleep and

improvements in your mood. And that's the short list.

Every person can make ketones in their body under the right conditions. And that's the part that can be challenging—getting it to the right state to burn fat.

Research is showing evidence that your brain and body thrive on ketones. How do you get ketones into your system? You eat a ketogenic diet. Which is hard. Or you intermittent fast, which isn't as hard, but if you've grown used to eating throughout the day, this may not seem like an achievable goal, yet. Or, you can produce ketones by exercising your way through all of your glucose stores until your body starts using fats for fuel (90-120 minutes). As soon as you consume carbohydrates though, you go out of ketosis. You can consume MCT oil, which converts to ketones pretty easily by the liver. But you can't get ketones from food.

However, thanks to modern science, they are now available as a supplement.

As with most supplements though, not all are created to a quality that the body can use as efficiently as another. Be knowledgeable about the things you put into your body.

Ketone supplementation can help some people, but may not be for others. My coaching program will help make the determination whether this is something that could work for you, or not.

Schedule a free consultation [here](#).

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ESTABLISH A MORNING POWER HOUR

5-4-3-2-1:

Studies show that by starting your day off early, with a powerful routine will set the stage for the rest of your day. As a busy parent you no doubt find there is little time for you to spend with yourself. Put this routine into practice for 30-days to turn this into a habit. To increase your chances of success, lights out by 10 p.m. A book I really enjoyed that helped me get more out of my day is [“The Miracle Morning,”](#) by Hal Elrod.

GO! That’s the 5-Second Rule by Mel Robbins. Instead of letting your brain derail your best efforts to a better life, count backwards from 5 and do it. In this case I mean getting out of bed. We tell ourselves we’re not morning people, we’re too tired to get up—whatever excuse we can come up with to avoid anything that makes us uncomfortable. But staying in our comfort zone means staying exactly where we are now. Are you exactly where you want to be? Well, your step change can be as simple as 5-4-3-2-1.

- **5:00 WAKE**
- **5:10 READ**
- **5:25 EXERCISE**
- **5:40 MEDITATE**
- **5:50 JOURNAL**
- **6:00 START YOUR DAY**

SPEND MORE QUALITY TIME WITH YOUR FAMILY/KIDS

If you're like me, the reason you want to experience more energy, mental clarity and focus is so you can spend more quality time with your kids. Maybe you've been walking around in a fog hoping that maybe tomorrow will be better. The fact is—you know it and I know it—nothing will change without taking action.

Ask yourself if you are the role model you want to be for your kids. Do you want them growing up to be like you? Or do you want them to be better? The struggles will be the same for them as they've been for you unless you help show them a better way. Be the example for healthy living, happiness, and ultimately success. It's never too late to start.



BE PRESENT:

In reality, there is very little that takes precedence over family time—time to teach our children what they need to know to help them on their way to leading independent and productive lives. Imagine them having less anxiety and worry than you do. What is something that you wish you didn't focus so much of your energy on. Is that something you can help your kids avoid as they grow into adults?

SAMPLE DAILY ROUTINE (ADJUST TO FIT YOUR FAMILY SCHEDULE)

- 7:00AM BREAKFAST
- 3:30PM FAMILY ACTIVITY
- 5:00PM PREPARE DINNER
- 6:00PM FAMILY DINNER
- 8:00PM READ
- 9:00PM BEDTIME TUCKING IN

These are times during the day where families can interact. Connecting with one another leads to happiness and fulfillment. A family activity could be a walk, a craft project or another opportunity to exercise, a game. The possibilities are vast if given some thought.

SOME EXCELLENT FOOD CHOICES. AND SOME FOODS TO AVOID

There are so many choices when it comes to food today—too many. There is so much information about what we should and shouldn't eat that it can be overwhelming trying to make the right food decisions.

To make it super simple here are some basic guidelines that will help get your started right away. Eat real, whole food. Avoid packaged food. Read the ingredients—if you can make it and are buying something for the time-saving factor, buy it. If it contains ingredients/chemicals that you would never use in cooking, don't buy it.

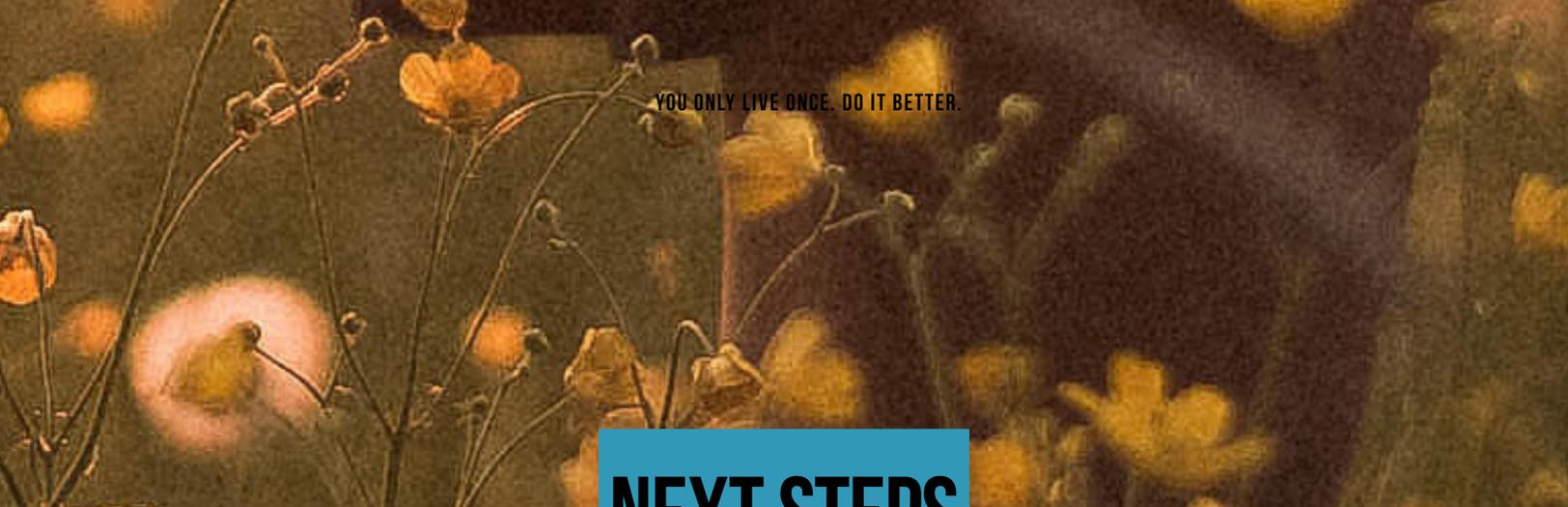
Avoid sugar. Refined sugar is the cause of so many health problems, including lack of energy, cognitive decline, obesity, behavior problems, cavities, high blood pressure, cancers, type 2 diabetes and other metabolic disorders. Sugar is like a legal drug and very addictive. If you find yourself eating something and you literally can't stop, check the ingredients for sugar, especially refined sugar and modified sugars like dextrose and maltodextrin and high fructose corn syrup.

Need some help getting started? Here are some ideas for good food choices and guidelines for foods to avoid.

When possible, always choose meats from grass-fed and pastured animals. Buy organic vegetables and fruits. You can check with EWG for the produce that uses the most pesticides, or choose all organic to be on the safe side. There is currently some debate on the subject of eating grains and legumes—if you do choose to eat them, choose whole, organic grains and legumes, and make them of heirloom variety when possible.

Are food cravings hurting your chances of successfully changing your habits? **If you find you are having a hard time kicking your carb cravings, contact me for a free consultation.**

FOODS TO AVOID		FOODS TO EAT MORE OF	
Sweeteners	white sugar, agave, high fructose corn syrup, dextrose, Splenda, Aspartame	Healthy Fats	butter, ghee, lard, duck fat, tallow, olive oil, coconut oil, nut oils
Carbs	cereals, breads, pastas, rice, corn meal, juice, crackers, chips, granola bars	Veggies	brassicas, spinach, asparagus, beets, collard greens, fermented
Refined Foods	bleached white flour, some oils, white rice, grains (check the label)	Superfoods & Seeds	dark chocolate, hemp seeds, moringa, chia seeds, sunflower, sesame
Chemically Processed Foods	Many snack foods, soda, fruit snacks, margarine	Fruits	Avocados, berries, peppers, tomatoes, citrus, watermelon
Additives & Preservatives	maltodextrin, soy lecithin, MSG, carageenan, artificial colors & flavors, sodium nitrate/nitrite, & more	Meats & eggs	grassfed beef; pastured poultry, pork, lamb
Junk Foods	Fast food, instant food, microwave popcorn, frozen dinners	Seafood	Sustainably caught tuna, wild salmon, sardines, wild shellfish
Canned Foods	Canned foods often contain harmful BPAs or alternatives	Nuts	Macadamia, almonds, walnuts, hazelnuts, pecans, cashews, nut butters



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NEXT STEPS

Are you ready to take the next step to feeling more energy, mental clarity and focus? Maybe you're also interested in losing some excess fat? The information I've provided in this document is all you need.

However, there is a way to get started faster, easier and with more predictable results if you enroll in one of my coaching programs. We'll begin with a free consultation where we'll get to know each other so we can decide if there is a coaching program that is a good fit for you. Your success is my goal.

**YES! I WANT TO SCHEDULE A FREE
CONSULTATION TO FIND OUT HOW I
CAN SUCCESSFULLY MAKE POSITIVE
CHANGES IN MY LIFE!**

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ABOUT ME

Hi! I'm Jean Byrd, Health Coach, wife, and mother to a 6 year-old girl and a 9 year-old boy. My mission, first and foremost is to be the best mom and wife I can be to my family.

In living this mission I found a solid passion in helping other people, specifically families, live the healthier, happier, better life they are meant to live. My goal is to help you be the best person, parent and role model you can be to help guide the way for your children so they can live the best life possible for them.

You see, I was where you are now. I was tired, cranky, overweight, unfocused and scared of not living up to the expectations I had for myself as a mom and wife. I wasn't the role model I had hoped to be for my children. I knew I had to make a change. My journey to where I am today—healthier, happier, and better—is how I now know

how to coach you to your better life. If you choose to enroll with me, I'll be there to guide you on your way to where you want to be.

For much of my life I've tried to stay active and live a relatively healthy lifestyle. But there were some things I'd learned and some habits I'd developed that finally resulted in my needing to figure out for once and for all what I needed to do to make lasting changes. Plus, when I had kids I was determined to give them the best start in life. So I researched and I researched and implemented better food choices.

One day my son said, "Mom, I feel bad sometimes when I don't get to eat the foods that other kids get to eat." I felt bad. On the one hand, I certainly didn't want to be the cause of my son or daughter feeling left out. But I wasn't going to sacrifice the health of my kids so they could fit in. What happened next was I got mad. Why is it that the majority of kids today have unhealthy eating practices? I



decided I wanted to help lead a change for families, not just individual family members.

Healthy eating and healthy habits start at home. Kids don't grocery shop for themselves—parents do it. Kids also watch what their parents eat. So my work is 2-fold: 1) teaching you healthy habits that you can practice so you feel better, and can teach your kids; and 2) I also teach kids in my Crossfit Kids classes and provide nutrition information and guidelines.

Ready to start your transformation? Book a consultation [here](#).