

Her Business

February 2007 | Issue 76

AN INTELLIGENT READ FOR ALL WOMEN

Creative Kiwis' Going Global

Lucy Lawless

**THE BUSINESS OF CHARITY
ENDORSEMENT**

Joanne Gair

MAESTRO OF DISGUISE

**Business Resolutions
for the New Year**

**SETTING FINANCIAL GOALS
AND NEW MILESTONES**

**Dealing with
Defensive People**

CHANGE THE WAY YOU ARGUE



www.herbusinessmagazine.com



Boost Your Energy

Naturally

Are you feeling tired most mornings even after an 8-hour sleep? Do you need to force yourself to get off the couch after work to cook dinner or get ready for bed? Are you thinking to yourself why am I so tired? There can be a number of reasons why you may be feeling like this, such as stress, not eating enough, or not exercising.

Have you ever had one of those hard-out days where you're busting to get home? You feel bone tired and possibly have a pounding headache to add to your hassles. Picture this scenario: you arrive home and are greeted by your loving husband. He has prepared dinner already. Music is playing and then your favorite song comes on. He turns up the stereo volume and takes your hand. Very soon you are grooving all over the lounge laughing and giggling like you don't have a care in the world! Hold on; just a few minutes ago you were ready to collapse, and let's not forget that nasty headache. What happened? Energy can be manipulated by the well-knowns such as diet, exercise and

stress, but it can also be dependent on your emotional state and mindset. Let's look at ways you can boost your energy naturally.

Create Pleasure Zones

1 Grab a piece of paper and start listing all the things, activities, people and circumstances that make you happy. Base the list on things you have actually experienced as well as those things you haven't, yet. Create a diary from Monday to Sunday. For each day, start to slot in various activities that you can realistically do, or people you can see, on those days. Try to stick to your 'diary' of fun things and vary them from week to week. By injecting

your week with novel, as well as tested, pleasure activities, you will boost your energy. Being in a rut can cause you to focus on negatives and get caught up in day-to-day hassles. By trying to mix up your week, you will start to reignite your passion for life. Give it a try! Any situation where you are creating joy and lowering your stress levels is a good thing.

Add music to your everyday life

2 We all have personal preferences for what type of music we like. Any music, but mostly those with an upbeat tune, can literally change our energy state. Get home from work and crank up the stereo. Dance like crazy around

the lounge and release any stored tension. This one tip works a charm on stressed business people. One client of mine has a 'personal music hour' on the weekend, where she dances like a mad woman to release any stress!

Eating for energy

3 This 'theory' has been tried and tested and definitely works. It is so important to eat every 3-4 hours to be able to maintain your blood sugar levels so you don't feel weak or start to lose focus. Breakfast is a must in your quest for all-day energy. Add protein to keep you full for longer and fruit such as berries for an extra kick of vitamins. Plan your meals and snacks for the rest of the day. Snack wisely on almonds, protein bars, fruit, yoghurt, or crackers and a low-fat spread. Pack a Power Lunch that combines protein, carbohydrate and a bit of good fat. Try a whole-wheat sandwich with a hearty salad, lean ham or chicken and an oily dressing. Or you can try veggies with a big salad and a serve of protein such as fish, chicken or even cottage cheese.

Breathe consciously

4 As we get stuck into our work, many of us tend to breathe quite shallowly. Breath plays a vital role in overall health and wellbeing. Just look at those who practice Yoga! They naturally exude vitality. Each day, morning and night, take 10-20 long, deep breaths. Breathe in fully through your nose and feel your stomach rising. Then slowly exhale and pull your stomach in gradually to release all the air. Just be in the moment. Notice the effects of this little exercise after a few weeks on your stress and energy levels.

Recharge with Exercise

5 Of course exercise had to be included in this topic of boosting energy! When you work out, you increase blood flow and oxygen to your vital organs and muscles. This increased oxygen can play a part in increasing energy. Exercise also has a meditative effect on your body, so it can calm you emotionally, which can boost you up. Exercise also helps you sleep deeper and more soundly, which can also have an effect on your energy levels. Any exercise is great for the body, so just move your body and you will start to feel a surge in energy from making exercise a consistent part of your lifestyle.

Energy can be a complex issue, so there really is no sure-fire way to increase your energy. Use these tips and see what works for you. If in any situation you feel your energy levels have decreased dramatically, please consult your doctor. With our fast-paced lifestyles we have almost accepted that being tired is normal. However, with a few simple changes you can be on your way to increasing your energy and vitality.

By Nalisha Patel



Nalisha Patel of HealthMastery specialises in mobile personal training in home or office. HealthMastery offers 12-week challenges for health and fitness, weight-loss and a healthy mindset. Phone 0508 SHAPE ME (0508 742 763). Visit: www.healthmastery.co.nz.



**Don't worry...
there is safety in numbers.
Our numbers!**

The city can be daunting, and a dangerous place. Particularly at night, and particularly for women. Care should be taken in getting to theatres, restaurants, night clubs and bars.

But getting home even more so!

So there's one very important detail that should be included with every evening out. Your Corporate Cabs phone number.

Store our Corporate Cabs number in your mobile now!

**AUCKLAND: 09 377 0773 CHRISTCHURCH: 03 379 5888
WELLINGTON: 04 387 4600**



CORPORATE CABS
Professionally Driven

AUCKLAND • WELLINGTON • CHRISTCHURCH • DUNEDIN