

- The Most Obvious Symptom of a Lifestyle Gone Awry is weight gain; 15 – 50 pounds overweight.
- Overwhelm, Exhaustion and the Overweight Condition go hand in hand.
- Our greatest **Energy Crisis** is NOT oil.
 - It's OUR ENERGY levels. When we don't recuperate our energy, we add weight.
- **Fundamental principle** of energy: You only experience energy when you're spending it.
- **75% of energy** is spent through the eyeballs.
 - Close your eyes, clear your mind for 90 seconds to rejuvenate energy.
- WE are energy. If we don't regenerate, we burn out.
- **Life balance** is managing and recuperating our energy.
 - Recuperate → Strength → Nutrient Rich food choices → More active → at or near ideal weight
 - Versus: Stimulate → Fatigue → Nutrient Poor food choices → Less active → Overweight.
- **Animals in nature don't work out.**
 - Brief periods of intense activity over the course of your day, when they're ready.
 - Use the body.
- Eat nutrient rich

Why is taking care of your energy and health important?

Because EVERYTHING you do, if you are to do it well, depends on it.

Some health tips from professional fitness trainer, John Allen Mollenhauer ("JAM")

More on [John Allan JAMs website](#)

(Great site, especially if you like sports.)