

- 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 JAMs website

<http://www.mytrainer.com/>

(Great site, especially if you like sports.)