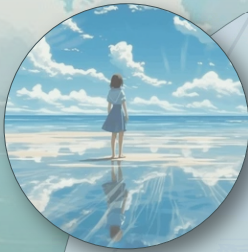


**PROTEIN**  
beneficial for muscle protein  
synthesis and metabolic rate



**NUTRIENTS**  
Include Omega 3, Leafy  
greens berries, citrus fruits,  
& cruciferous vegetables,

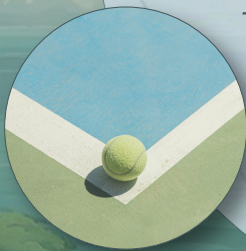


**HYDRATION**  
Even mild dehydration can  
lead to feelings of fatigue  
and impair cognitive function

SUPPORT  
**ENERGY &  
METABOLISM**



**SLEEP**  
A consistent sleep  
schedule Aim for 7 to  
9 hrs of sleep per night



**MOVE**  
regular physical activity is key  
for supporting energy levels  
and metabolism



**CALM**  
Chronic stress can take a toll on both  
mental and physical health, impacting  
energy levels and metabolism.