



Energy Every Day

Ron Woods, Christopher Jordan, Human Performance Institute

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There's a worldwide energy crisis that has nothing to do with fossil fuels or nuclear and solar power. It's a crisis of personal energy. You're working longer hours, sleeping less, and spending less time being active. But this is one trend you don't have to accept. In fact, the solution is in your hands.

Energy Every Day is the result of Human Performance Institute's decades of research into the lifestyles of the world's busiest people. Whether you're a student or CEO, athlete or small-business owner, you'll learn how to incorporate physical activity into your daily routine for better health and increased energy.

In *Energy Every Day*, you'll create a personal energy plan specific to you—your goals, your needs, your schedule. Evaluate your lifestyle, identify opportunities, and add energy-boosting activities to your day. With this step-by-step program, you'll learn the following skills:

- Increase personal energy and engagement with family and friends by incorporating physical activity into your daily schedule.

- Adjust eating habits to sustain high energy throughout the day.

- Establish a personal sleep schedule that addresses your brain and body's needs for rest and recovery.

- Recognize and eliminate the daily pitfalls that drain energy and create mental and physical fatigue.

With *Energy Every Day*, you can solve your own personal energy crisis. Be more alert, focused, and attentive and reap the rewards of an active and fit lifestyle. *Energy Every Day* is the energy plan for everybody.

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