




Reset Your Health, Reclaim Your Energy

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Refreshing your routines isn't just for your home - It's an opportunity to reset your habits and refuel your energy. Nutrition, gut health, and sleep work together to influence your energy, mood, immunity, and long-term health.



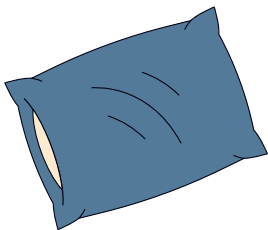
Fuel Your Energy with Nutrition

Many people fall short on key nutrients like **fiber and potassium**, affecting energy, focus, and overall health. Eating balanced meals with **lean protein, fiber-rich foods, and whole grains helps maintain steady energy**, while staying hydrated supports digestion, focus, and sleep. Small, consistent changes can make a **noticeable difference in how you feel each day**.



Support Your Gut, Boost Your Health

Your gut plays a powerful role in your **energy, mood, and overall health**. It's closely connected to your immune system and brain, so when it's out of balance, it can show up as **fatigue, inflammation, or poor sleep**. Support your gut with foods like **yogurt, kefir, kimchi, oats, and other fiber-rich plants**, and eat mindfully to help your body better digest and absorb nutrients.



Recharge with Better Sleep

Sleeping less than 6 hours a night is linked to higher health risks, and missed sleep quickly **impacts focus, mood, and cravings**. Over time, chronic sleep loss can accelerate brain aging.

Pay down sleep debt by keeping a consistent schedule, limiting screens before bed, and **avoiding late caffeine or heavy meals**. Quality sleep isn't a luxury, it's essential for protecting your health and energy.

Start Small This Week!

Try one small habit this week — consistency matters more than perfection. **Add one fiber-rich food to a daily meal, include a gut-friendly option like yogurt or fermented vegetables, go to bed 15 minutes earlier, or power down screens 30 minutes before sleep**. Small changes made consistently can lead to better energy, improved sleep, and lasting wellbeing.