

THE ENERGY TRIFECTA: EAT, MOVE, SLEEP, REPEAT

Your energy isn't random; it's the result of how well your body manages fuel, movement, and recovery.

Three main systems are always working in the background: **what you eat, how often you move, and how well you sleep**. Whenever one is off, you may feel foggy, irritable, hungry, or exhausted by midafternoon.

Food is your body's fuel system.

Meals that combine protein, fiber, and healthy fats create a slower, steadier release of glucose into the bloodstream. This helps prevent big spikes and crashes that drive cravings, headaches, and "hangry" moods.



Simple changes, such as **adding protein** at breakfast, including a vegetable at lunch, and drinking water before caffeine, **can noticeably reduce energy swings**.

Sleep is your nightly reset.

Researchers found that poorer sleep quality was linked to higher fatigue and lower feelings of physical energy, even after accounting for physical activity, diet.



This means sleep doesn't just help you "feel rested"—it **directly shapes how much energy you have available** to think, move, cope with stress, and make decisions the next day.

Movement acts as a daytime

"on" switch. Even a few minutes of walking, stretching, or taking the stairs increases blood flow and oxygen delivery to your brain, which can sharpen focus and wakefulness.



You don't need long workouts; short **"movement snacks"** sprinkled throughout the day can be enough to **shift your state**.

These three levers work together: better sleep makes it easier to eat well and move, and those choices, in turn, protect your sleep and energy.

References: Pastier, N., Jansen, E., & Boolani, A. (2022). Sleep quality in relation to trait energy and fatigue. *Sleep Science*, 15(S2), 375–379. <https://doi.org/10.5935/1984-0063.20210002>