

5-Minute Read



— THE 7-DAY —
Energy Shift

**Simple Daily Habits to
Support Your Energy**

A simple reset for your energy
that fits even the busiest schedule

MY TRANSFORMATIONAL WEALTHINESS™

Health First. Freedom Always. Intentional Lifestyle.

The 7-Day Energy Shift Guide

SIMPLE HABITS TO BEGIN RESTORING YOUR ENERGY

Read This First (1 Minute):

If your energy hasn't felt the same lately, you're not alone.

Many people today wake up tired, push through the day with caffeine, and assume fatigue is simply part of modern life.

But fatigue rarely appears overnight.

For many individuals, energy gradually declines over time because of stress, inconsistent habits, nutritional gaps, and modern lifestyle pressures.

The encouraging news is that small daily adjustments can begin supporting your body again.

This short guide introduces several simple habits that many people use to begin restoring their energy naturally.

You don't need to change everything overnight.

Most people begin by improving just one habit at a time.

WHAT YOU'LL DISCOVER IN THIS GUIDE

In the next few minutes you'll learn:

- 7 simple habits that help support natural energy production
- how daily routines influence the body's energy systems
- practical changes busy people can implement easily
- three simple ways people continue their energy shift

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THE ULTIMATE FORM OF WEALTH

Many people spend years pursuing success, income, and achievements. But when people pause and reflect honestly, they often realize something deeper.

The most valuable form of wealth is something far more fundamental:

- having the health and energy to fully live your life.
- having the energy to wake up refreshed.
- having the clarity to focus throughout the day.
- having the strength to enjoy work, family, and responsibilities without constant exhaustion.

When energy improves, many other areas of life begin improving as well.

Work becomes easier to manage.

Daily tasks feel lighter.

And opportunities that once felt difficult may begin to feel more attainable.

For this reason, many people begin focusing on restoring the most foundational form of wealth:

their HEALTH.

And the encouraging truth is that supporting your energy often begins with simple daily habits.

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THE MTW ENERGY SHIFT HABITS

These habits support the body systems involved in energy production.

You may already be practicing some of them.

The goal is simply to strengthen them consistently over time.

1 — Hydrate Early

Your body loses water during sleep.

Rehydrating early supports circulation and oxygen delivery throughout the day.

Goal:

Drink approximately half your body weight in ounces daily.

Example:

150 lbs → ~75 oz daily

Busy Schedule Tips:

- Drink 12–16 oz immediately after waking
- Drink a glass before meals
- Keep water near your workspace

Supports:

circulation, oxygen delivery, and energy metabolism.

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2 — Add Protein

Protein helps stabilize blood sugar and maintain consistent energy levels.

Goal:

20–30 grams per meal when possible.

Simple additions:

• eggs • yogurt • nuts • tofu • chicken • protein smoothies

Supports:

stable energy and fewer afternoon crashes.

3 — Choose Whole Foods

Whole foods provide nutrients needed for cellular energy production.

Replacing just one processed snack per day can support better energy balance.

Simple swaps:

chips → nuts / pastry → yogurt / candy → fruit

Small improvements can create meaningful changes over time.

4 — Sleep Consistently

Sleep is when the body performs most of its repair and recovery.

Goal: 7–9 hours when possible.

Busy Schedule Tips:

- sleep 10–15 minutes earlier
- dim lights before bedtime
- avoid screens 30 minutes before sleep

Supports:

recovery, metabolism, and mental clarity.

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5 — Move Daily

Movement supports circulation and oxygen use throughout the body.

Goal: 10–15 minutes daily.

Busy Schedule Tips:

- walk after meals
- stretch during work breaks
- take stairs when possible

Supports: circulation, metabolism, and focus.

6 — Reduce Stress

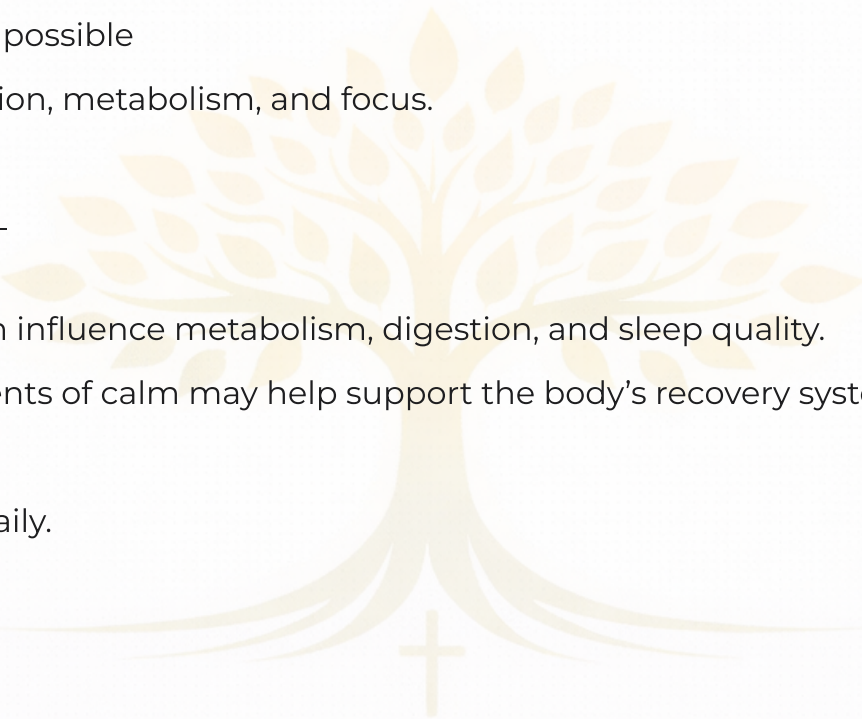
Chronic stress can influence metabolism, digestion, and sleep quality. Even short moments of calm may help support the body's recovery systems.

Goal: 5 minutes daily.

Simple practices:

- deep breathing
- quiet reflection
- short walks
- reducing phone notifications

Lower stress may support more stable energy throughout the day.



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7 — Support Energy at the Cellular Level

Energy is produced inside tiny structures within your cells called mitochondria.

These processes require nutrients such as: • **vitamins** • **minerals** • **antioxidants** • **amino acids**

When the body lacks these building blocks, energy production may gradually slow down.

Some individuals choose to support their daily habits with clinical-grade cellular nutrition designed to provide nutrients that help support normal cellular energy production.

Combining healthy habits with proper nutritional support may help the body maintain energy more efficiently over time.

CONTINUE YOUR ENERGY SHIFT

You've already taken an important step by learning habits that support your energy. Many people continue their journey in one of three ways depending on their goals.

● Path 1 — Personal Energy Shift

Some individuals simply focus on improving their own health.

They continue practicing these habits while supporting their body with cellular nutrition designed to support normal energy production.

This path focuses entirely on personal health and vitality.

👉 Sign Up FREE to start your personalized cellular nutrition support - <https://www.usana.com/s/pzR71>

● Path 2 — Income Shift

Sometimes something interesting happens.

As people begin improving their energy, friends and family often ask: "What are you doing differently?"

Some individuals choose to share these habits and resources with others and earn referral income by helping others begin their own energy shift.

👉 Sign Up FREE as an Affiliate - <https://www.usana.com/s/hwo1S>

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● Path 3 — Full Lifestyle Transformation

Others choose a path that combines both.

They improve their own health while helping others restore their energy and build an additional income stream.

This path creates the potential for:

- improved personal health
- helping others experience transformation
- flexible income opportunities
- greater lifestyle freedom

Many members of the MTW community choose this path after experiencing improvements in their own energy first.

👉 Sign Up FREE as a Brand Partner - https://www.usana.com/s/_bSQU1

A Question Worth Considering If nothing changes today...

How do you imagine feeling in:

1 year... 3 years... 5 years...?

Many people discover that supporting their energy now is easier than trying to restore it later. Small improvements today can create meaningful changes over time.

Final Encouragement

You don't need to change everything overnight.

Even one small improvement can begin shifting your energy in a positive direction.

The most important step is simply starting.

Provided by: The Transformational Skills Studio™

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Health First. Freedom Always. Intentional Lifestyle.

A movement transforming lives one person at a time.