

five health hacks

TO OPTIMIZE YOUR PERFORMANCE

These game-changing tips are sure to up-level your attention, focus, and mental clarity at the office and beyond.



1. **WATER:** Confession: I think water is the most boring thing to write about, but it's just that important, so I try to make it fun. *Think: when was the last time you peed?* If it's been more than 1-2 hours, go get yourself some water. *Sometimes we think we're hungry but we're really just thirsty.* Drink some water, wait 20 minutes and see if your cravings go away. *Have a crush on your water bottle.* Buy a water bottle you absolutely love and you'll sip more, *every damn day.*



2. **WALKING:** Walking is a proven meditative activity. The repetitive motion of *step, step, step* calms you down, decreases the stress-response and lowers cortisol levels in your body. When my clients are feeling super stressed, I tell them to skip the gym and go for a long walk instead to clear their head. Short walks, long walks — they all count.



3. **YOUR GO - TO GREEN SMOOTHIE:** No excuses. I encourage my clients to always have the ingredients for their favorite smoothie in their freezer. That way, they can bounce back from a bleh day, get back on track after a business trip and amp up their nutrient intake in minutes. Curious? [Jump over to my blog](#) where I talk about which Nutribullet to buy and my recipe for my mouthwatering go-to Green Ice Cream Smoothie.



4. **MAGNESIUM DROPS:** Do you feel “*wired and tired*” some nights and unable to get a good night's sleep? Do you always crave chocolate? If you're having these symptoms, then you're most likely severely deficient in magnesium — 75% of the American population is! Stress depletes magnesium and most of us can be pretty stressed out. So grab a magnesium supplement and take it at night to promote calmness and sleep like a baby. [Drop me an email](#) and I'll send you the link to my favorite brand.



5. **GREENS GAME:** As you get to know me, you'll find that I'm a total nut when it comes to vegetables. My best friend even bought me KALE socks the other day. *You know why?* They make you feel SO GOOD, help you lose weight and fuel your long-term health for years to come. Pro-tips 1) make them taste good by adding healthy fats & sea salt, 2) play the “Greens Game” alongside me and my clients. We aim to eat *greens at 2 meals every day*, even if you have to sneak 'em in. Want to play?

I hope you enjoyed my handy reference to an optimized you. Which trick will you try first? Reach out anytime at michelle@fitvista.com to share your success story with me.

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xo, michelle

