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

1. WATER: I aim to make talking about water fun with my clients, because it’s just that important for optimized health. Think: when was the last time you pooped? 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 to clear their head. Even a 10 minute walk will make a difference to your nervous system.

3. YOUR GO-TO GREEN SMOOTHIE: 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 blender I use 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. You know why? Vegetables make you feel GREAT, help you lose weight, and fuel your long-term health for years to come. Pro-tips 1) make them taste delicious 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.