

TWENTY MINUTE COACH

Extra **energy** awaits 



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RE-ENERGISE YOUR EVERYDAY.

Does your internal battery drain faster than it used to or is your energy consistently on low power mode?

You're not the only one, but there is a way to stay in control of your energy levels, to start everyday on full charge, we'll show you how in 20 minutes a day you can power up your life one habit at a time and keep going (like you used to).



AARON THOMPSON

Nutrition and Fitness Coach

WELCOME TO YOUR BODY'S NEW ENERGY MANUAL

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The secret to endless energy like you had in your 20s... is habit stacking.

it's not just about good food, exercising everyday, water consumption etc... it's all about all of these, building it up one habit at a time - until it becomes a part of your daily life.

Use this guide over the next few weeks and if you manage to master all the habits I promise you will be fully charged and ready to live life with all that renewed energy.

Added bonus - you may also get all those other things as well that comes with optimising your body's health such as weight loss, increased life longevity, be more productive at work, increase your fitness levels and many others. Ready to change your life...let's go!



NUTRITION SWAPS

The Nutritional swaps I recommend can significantly help you increase intake of the right vitamins for everyday energy. You can stick to same routine, just swapping one ingredient can give you the vitamins, minerals, fats and proteins your body needs.



HABIT 1



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EVERYDAY NUTRITIONAL SWAPS

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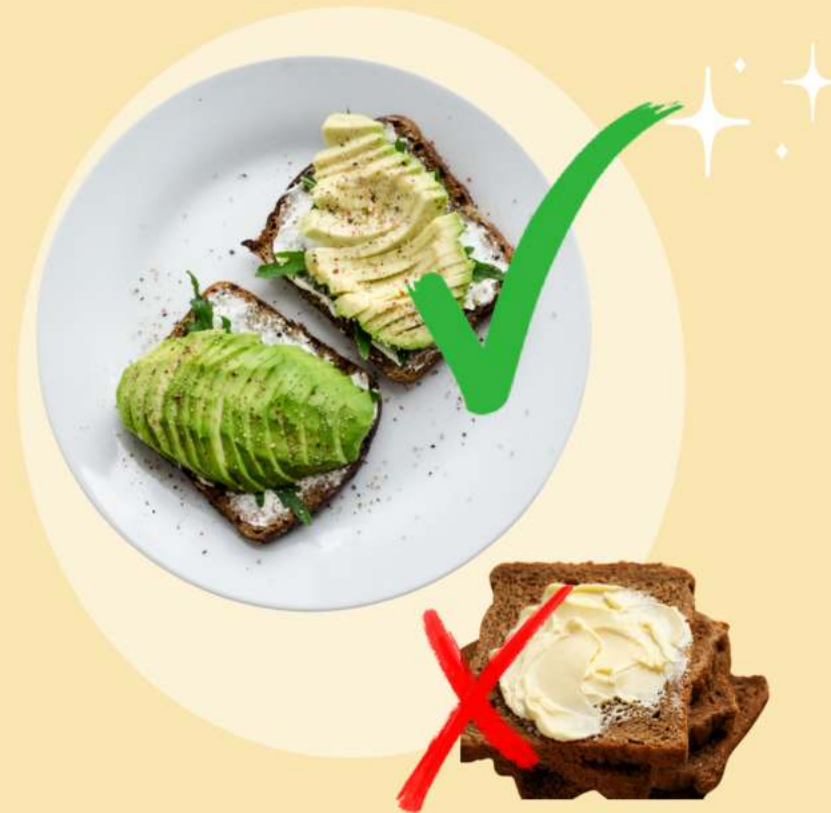
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Recipes available
on Instagram

Snacks during the day **Crisps for Popcorn**

Popcorn is low calorie, and has slow energy releasing carbohydrates. It also contains antioxidants that could help reduce inflammation. Air popped popcorn without additional butter or salt is the healthiest and provides more nutrients. Just sprinkle on the flavour; Cinnamon is great for sweet snack or maybe a spicy Paprika - or a mix and go Umami.



Your lunchtime sandwich **Butter for Avocado**

Using mashed avocado as a spread in place of butter provides a boost of healthier monosaturated fats, containing vitamin K, C, E, B5 and B6 along with Folate and Potassium. All these can help in making you feel less sluggish as well as aid bone health, supporting the immune system, skin health and regulating hormone levels.



Your evening curry **White rice for Quinoa**

Replacing white rice with Quinoa offers a boost in fibre and protein, which takes longer to digest giving you a more sustained energy boost. Along with Zinc and Folate plus Antioxidants which can help in regulating your mood, giving you a natural dopamine rush. It's also Gluten Free!

HYDRATION ✨ POWER

Increasing your hydration is crucial for maintaining optimal health, and it can be as simple as making mindful choices in the moment. A 'simple swap for hydration' replaces drinks that are high in sugar or caffeine, with options that better support your body's needs.

These swaps not only enhances your hydration but can offer additional benefits that contribute to better energy levels, improved digestion and overall well-being.



HABIT 2

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EVERYDAY HYDRATION SWAPS

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Your morning pick-up

Morning Coffee for Green Tea

Green tea has less caffeine and can improve brain health. This amazing tea contains L-theanine and caffeine, it can provide a smooth energy boost rather than the quick jolt often associated with high caffeine drinks and an antioxidant. Add honey if you want it sweet.



Your midday pick-me-up

Sugary Drink for Infused Water

If you find water too plain - experiment. Infusing your water overnight with a mix of your fruit bowl. Enjoy a spa inspired mint and cucumber, or for sweetness I love watermelon and strawberries. Daily intake will boost energy and deliver vitamins and antioxidants from the fruits which also helps with appetite control..



Your evening drink

Cocktail for a Mocktail

The most obvious reason is Mocktails have no alcohol which is dehydrating. Drinking Mocktails that have sparkling mineral water, or coconut water can be extra hydrating and it's a perfect electrolyte replacement. Some of my favourite hydrating Mocktails are a Blackberry Ginger Spritz and Coconut Water with Pineapple.



Recipes available on Instagram

ENERGISING EATS



Foods that provide a good source of energy, helping to boost alertness, focus and stamina.

These foods are rich in essential nutrients, offering a sustained energy release rather than a quick spike that highly processed foods give.



HABIT 3



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MEAL SWAPS

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Your Boost Breakfast

Swap the Oats for Grain

Swap your Porridge Oats for Avocado with Eggs and Tomato on Wholegrain Toast.

Avocado boosts satiety, keeping you full whilst giving you a high source of Fibre, Vitamin E and K, Magnesium and Potassium. Adding Tomatoes can help boost vitamin absorption which help your organs work better daily.



Your Power Protein Lunch

Swap the Sandwich for Quinoa

Swap the bland Turkey sandwich for a tasty Quinoa Salad with Chicken and Veg.

Quinoa provides a complete protein along with complex carbs and fibre. It also contains zinc and folate and other vitamins and minerals, giving you a boost of energy, adding another protein like Tofu can keep you fuller for longer without the crash.



Feel Good Treats

Sweet Happy Deserts

Swap the Cheesecake slice for a healthier version.

Swapping the quick high and massive low by using yogurt and nuts. To make it sweeter you can add a natural source of sugar such as Pure Maple syrup which is high in Zinc and Manganese.

My 8 year old son names these Sweet Happy Deserts.



Recipes available
on Instagram



EVERYDAY EXERCISE

We all know about the benefits of exercise from improving our physical strength and appearance to positive changes to our mental health.

However it can be hard to fit it into a busy day. Little but often is key - consistency is the goal.



HABIT 3

<http://>



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20 MINUTE ENERGISING EXERCISES

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Walk after Lunch

It's common to feel bloated after eating your lunch, if you have post-meal stroll for 10-20 minutes it aids smoother digestion which will make you feel more energised for your afternoon and less gassy.



Exercises available on Instagram



Chair Aerobics

Every 2 hours throughout get up off the chair for 5 minutes, put the timer on and do a series of Push Ups, Squats and Lunges using the chair for support and get your blood pumping. Challenge yourself to do more each day.



Family Activities for Devices

Take time out from devices and take up a physical hobby that other people in the family can participate in (we love playing Table Tennis together). This not only build confidence and encourages healthy habits throughout the family but also releases an energising dopamine rush from having an positive experience with loved ones.

SLEEP BOOST



Making changes to your diet and lifestyle at certain times of the day can help improve sleep quality. Certain supplements and natural remedies could also be beneficial.

Research shows that poor sleep has immediate effects on hormones, exercise performance and brain function as well as weight gain through stress.



HABIT 3



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DAILY SLEEP SWITCHES



Increase Natural Light Exposure at 8am

Opening the curtains instead of turning on the light at 8am and increasing exposure to natural daylight can not only improve your mood, but also regulate your brain so it knows it's daylight and you need to be fully awake, and when that goes it is time to sleep.

Swap for Decaf at 3pm

Whilst caffeine offers numerous of benefits such as enhancing focus, energy and physical performance, having caffeine late in the day can disturb sleeping patterns and the quality of sleep, increasing stress levels. Make sure to stop after 3pm if you're heading for a 10pm bedtime for a good nights rest.

Don't Eat from 7pm

Eating anything after 7pm (especially the high fat, sugar and salt go tos). It can effect your sleep quality and natural release of HGH and Melatonin (hormones that encourage growth and sleep). Try to eliminate the snacking from 7pm.

CLIENT REVIEWS



Just some of 20 Minute Coach's satisfied and energised clients.

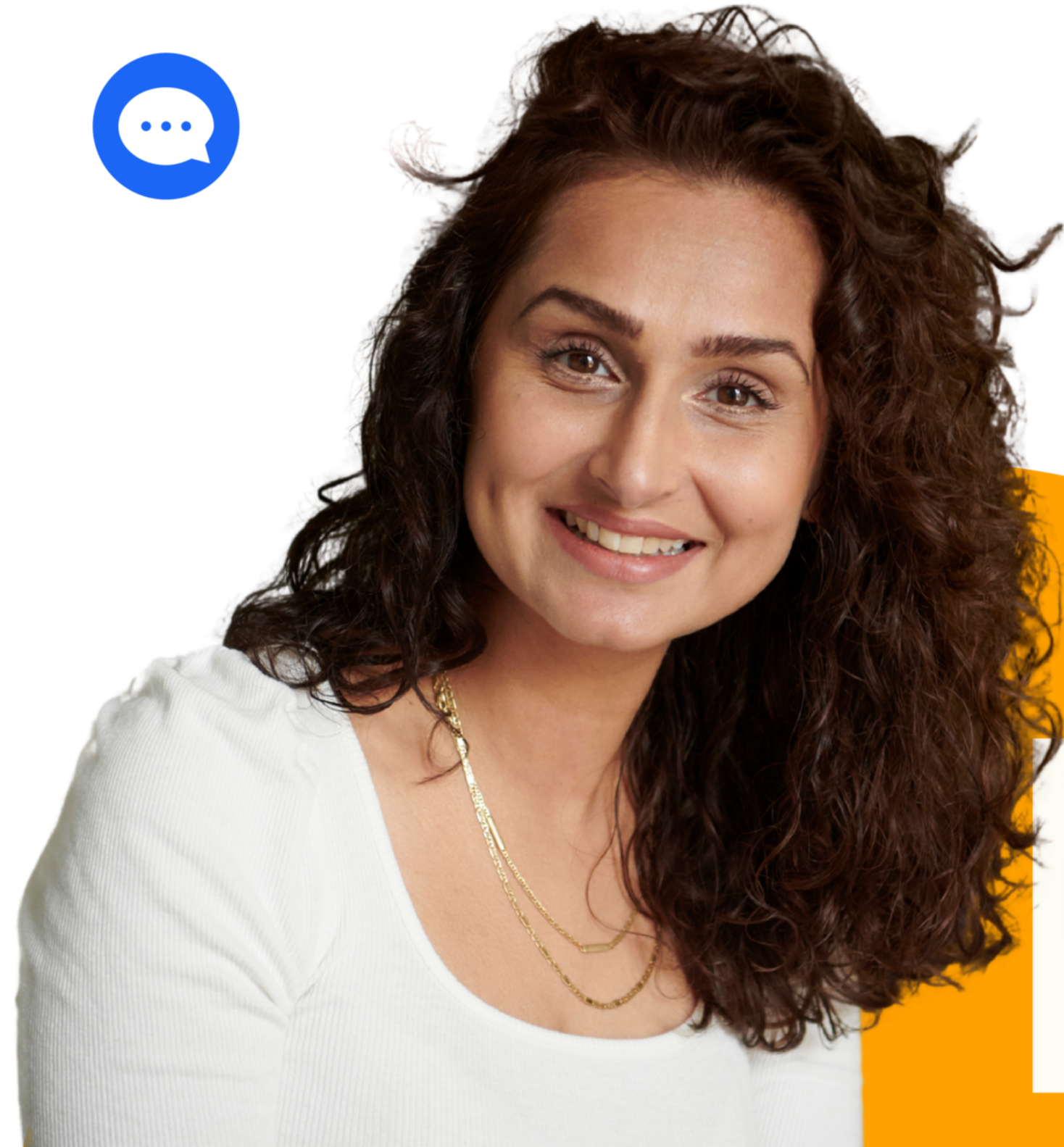


SALLY KEENY

As a working mum of two I felt I had no time in the day to consider my own health. But Aaron has showed me not only how to get healthier but have the energy to spend quality time with the family even at the end of long days. Feeling younger and loving life.

MARK GIBBS

I got into some really bad habits that made me out of shape and feel deflated daily. Since working with Aaron on 20 Minute Coach habits I can honestly say I have never felt more energised. I actually want to make healthier choices and now I am not forcing myself to do them.



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HAVE ANY QUESTIONS?

Here's some common questions from clients before they start these habits.



→ WHEN DO I GET STARTED?

NOW! Don't wait for tomorrow, don't wait for Monday or the new year. You can start healthy habits this second.

→ DO I NEED TO DO ALL THESE HABITS AT ONCE?

If you don't want to do them all at once then take a section, do that everyday for a week, then come back and add another section. Habit stacking is a key part of the 20 Minute Coach programme.

→ WHAT IF I CAN'T DO CERTAIN EXERCISES OR EAT SUGGESTED FOODS?

This guide is exactly that 'a guide' feel free to tweak as needed for your individual needs. If you want a personal Twenty Minute Coach programme email me at twentyminutecoach@gmail.com.

→ AM I ALLOWED TO SEND THIS GUIDE TO A FRIEND?

Yes of course. My mission is to give everyone more energy, if you help my mission I will be very grateful.

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DO YOU WANT EVEN MORE ENERGY EVERYDAY?

Got the taste of what life can be like from our healthy habits in this guide and want more? Book a call with me on the number below (mobile, what's app - I really don't mind) or email.

I am looking forward to helping you get energised again.

 **07939251223**

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