

# PEERtrainer on track

## Class 1:

Mastering Motivation:  
Getting UNSTOPPABLE  
energy!

PEERtrainer™

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This information is intended for the sole purpose of participants in the PEERtrainer on track program. This is not a substitute for medical advice. Please seek a physician if you have any questions or need medical advice or attention when starting a weight loss program.

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Getting UNSTOPPABLE energy!

### Let's Dig Right In!

PEERtrainer On Track Lesson One

Let's Dig Right In!

One thing that we have noticed with everyone who really starts to pay attention to what we teach at PEERtrainer is that people really do start to take the NEW ACTION of eating more vegetables, greens and overall micronutrient intake.

People totally get this, and understand that as your level of plant based nutrients goes up, so does your overall health. People also understand to not portion control these kinds of foods. You want to eat fewer "Cheats" but when it comes to plant-based foods, you generally can eat a good amount.

This brings us to an important 3rd pillar in the Diet Fusion framework- and that is ENERGY. The key point here is that you can manage your energy, even create your own energy each day. But you have to do this in your own life and really start to manage the energy zappers, and start to develop a list of things that CREATE energy for you and DRAIN energy for you

### However....

The third pillar of Diet Fusion is a bit more esoteric and doesn't have clear cut directives.... because it's a bit more **personal**.

But it's no less important.

The third pillar, to truly lead you to permanent and lasting weight loss, to getting to the Point of No Return (and KEEPING you there) is a focus on your **energy**.

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Many of us can lose weight and even improve our health – but if you don't focus on improving your energy levels, it's next to impossible to create real change in your life.

Because what many people do, is they add a vegetable or 2, they cut their calories and they look good for an event – but they've compromised their energy reserves and they're simply tired.

They go on a familiar cycle of maybe drinking alcohol at night then drinking coffee or black tea in the morning. And if they've really binged, they go right to the sugar because they **need energy**.

### Some Thoughts On Energy (We go into greater detail in this weeks call)

We don't need a pile of energy just to be able to do the physical things in our life. We also need it to have mental focus and perform.

For example, patience with your kids, your job, your business, your personal relationships all require a ton of energy. Anything and everything you want out of life requires energy so it makes sense that if you don't master this pillar, you'll slip slide back from the Point of No Return.

The **key concept** here is this: you have to find out what works for you when it comes to your energy levels. We are all different and we all have different requirements in our life. A stay at home mom will have a much different energy requirement than an Olympic athlete. (Well maybe not that much! #3 and 4 year olds are crazy active!) But you get what we mean. You have to figure out what works for you.

One client we have worked with directly has COPD and her cardiologist has stressed the need to get oxygen in her body. She must workout.

She started to increase her nutrient intake and felt so good that she thought, why not try to go all out? She thoughts "I'll go vegan! I bet I'd feel even better."

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During the first week, she described almost being high. Completely euphoric with a sense of purpose and high on life she hadn't felt since she was 20. However, when she arrived at the treadmill, she just couldn't walk for more than 4 minutes. She thought it was a fluke. The next time, she couldn't even walk for 2 minutes.

She also realized she hadn't been able to focus on her work. She decided that for her needs, she needed some meat. She needed some fish. The "high" she felt wasn't worth the lack of energy she felt mentally and physically.

We understand many of you want to be told what to do (and reminded as well) so here's the basic rule of thumb: eat 80% high nutrient (and this can include some good fats) and add a "protein".

Sure, if you eat enormous amount of greens, you'll have all the protein you need but in reality, many of us don't. Some of us **experience** more energy when we have dairy, even if we are told that it's terrible and your body can't handle it.

Some of us feel better with some fish. Some of us with some meat. However, a great general rule is when you can, make it a plant-based protein like beans, and nuts some of the time and choose other sources when you want it.

Another key point is that based on most of what we've seen, you've got to have some good fats. Fat burns fat. The no-fat lifestyle doesn't seem to work long term. Make 20% of your meal a good fat. Avocado, nuts, tahini (seeds). They're all great fats and they help your body run and have the energy and satiation you need for long term.

If you think back to week 8 in Phase 1, remember the diet that Stu Mittleman used to run 100 miles in a day. He consumed plenty of greens, but he also made sure he had good fats in his diet. (Even

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some salt might even help if you are feeling lethargic. Remember that salt is a conductor of energy, and your body literally runs on it. We are conditioned to consume sugar for energy- but think about how you feel after a long swim in the ocean. I think very few people leave the ocean feeling tired. Your body absorbs the minerals in the seawater through your skin.

### Your Challenge For This Week:

Here's what we want you to do: take a 5 day review. Take something out of your diet for 5 days and see how you feel. Often many times, 5 days is enough time to figure out if something is giving you energy or not. The idea here is that we are continuing to train you to listen to what your body wants.

I often ask myself at the end of the day how I felt today. Did I have more energy to workout? Or do I wish I could just crawl into bed?

**Tip:** Freshly squeezed greens are a great way to get high nutrients in and they taste great. Be sure to do mostly greens and not to rely on apples and carrots because those are way to high in sugar.

### Summary Of The Key Points Of This Weeks Call:

- Focusing on things you can't control depletes your energy
- Ruminating over events zaps your energy
- Not getting enough sleep can zap your energy
- Having a low nutrient day can zap your energy
- The more you make it a habit to ask yourself how you're feeling, the more you have a sense of awareness of how your body responds and what you should feed it.

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- Just because someone or a diet approach tells you this is bad or this is good, doesn't make it so for you and your life.
- Remember the key is you are the magic pill. You know yourself best.

We will keep working on the issue of your own energy levels throughout the next three months, and please keep sending us emails with your own experiences.

This is a pretty tough issue for most of us to master because there is very little focus on it in the medical and research community. We live in a "Sugar Culture" where it is considered normal to consume sugary drinks for energy.

The question you need to ask yourself is this- if sugar is such a great energy source, then why are we all so tired?

### **A Look Forward To Next Week: How To Be Happy...**

We are going to be going in a slightly different direction next week, and look at the issue of personal happiness. Joshua has done some great work on this recently, and we think you will find this to be very interesting.

Obviously this is an ambitious subject to tackle, but why not go for it!

Have a great week,

-Jackie