

3 Ways To **TRANSFORM** Your Energy!

Benchmark

STRONG | COMMITTED | COMMUNITY

"I'm tired all the time, I want more energy"

Sound familiar? Besides drinking coffee and red bull, what can I eat for breakfast to give me more energy?

Is breakfast important? Does it fire up our metabolism? Should you go to work without breakfast? Does it help us lose weight? Does it make us gain weight? Wow, so many questions, breakfast really is a confusing topic.

However, one thing we do know about energy is that you need to do something to create it. You cannot just wait for it to happen.

Just like when you start a business, you cannot just wait there for your employees to create greatness, you need to ignite the fire and tell them what to do to create movement.

So, I am going to spin the whole breakfast thing on its head for the first 3 pointers, and strangely enough, the first 3 points **WILL NOT** be food based.

I will be talking about the 3 'S's...

Stress

Sleep

Squats? (Sorry I had to use an S for the last one, but I am talking about exercise in general).



STRESS



We all live incredibly fast-paced lives, too much coffee, too many deadlines, meetings all day, kids to chase around, commute to and from work, and that could all be in the space of your working day.

We just now live high stress lives in general, it's something we have become accustomed too. There is also this stigma that if you aren't stressed from work then you simply aren't working hard enough, which, to put simply, is just bullsh*t.

Stress can kill us, it can also save our lives, it's not the fact that the stress hormones are really bad for us because they are actually VERY important, it's the dosage of the stress hormones which can make or break us.

Acute Stress (Good Stress):

You're getting money out at an ATM, you turn around and there is a person there with a knife asking for all your money.

Your stress hormones INSTANTLY fire up, your blood pressure increases, your vision improves, your heart races, your adrenaline is released, your heart rate increases, you're generally ready to take on the world.

Of course, you do the sensible thing, you run as fast away from the threat as fast as you possibly can.

You have an out of body experience where you look at yourself and you mistake yourself for Usain Bolt.





This extreme natural reaction is perfectly normal, but instantly we are able to release this stress by sprinting as fast as possible away. You get away and within about 15 minutes everything is slowing down and you become less stressed.

Perfectly normal, this is when Acute Stress is so important.

Flipside...

Normal Everyday Stress:

You're about to leave the office ready for your tinder date, over the moon you have had all your work done for 5pm.

Then BANG! Your boss drops some work on you that needs to be completed for a client by 8pm at the very latest tonight. MOTHER F*CKER! No Netflix and Chill tonight then.

Your stress hormones INSTANTLY fire up, your blood pressure increases, your vision improves, your heart races, your adrenaline is released, your heart rate increases, your generally ready to take on the world.

But guess what, you can't run, and you certainly can't high 5 your boss, in the face, with an elbow.

So what do you do?

You're infuriated for the rest of the night. "How dare they do this to me!".





You begrudgerly get the work done and you go home, sat in traffic, tired, annoyed and hungry.

You can't relax all night because of how much this has inconvenienced your social life and ultimately, your happiness.

This could happen two or three times per week, even per day! It's not healthy, and in the long run, this is what can cause more damage to health than smoking, alcohol or lack of exercise.

Stress will zap you're energy and sleep in the long run, and if you have high stress and poor sleep you are literally going to have zero energy. So if you are living a high-stress life then it's pointless me telling you what to eat differently because you need to deal with the amount of stress first.

Some of us just live more stressful lives than others, especially if you are in a high-powered job role then it cannot be avoided. But what you can do is improve on the next two things which will reduce how you perceive stress.

Because ultimately if we have slept well then we are going to be more patient, have a better functioning mind and will be able to deal with problems smarter.

With exercise, if you are stressed out, then by using that 'fight-mode' and releasing that energy you are able to relax and in-turn sleep better at night.





SLEEP



It's definitely something to do with being a millennial, we think sleep is for the week, we can't get work done when we sleep, and we really don't really see the importance of how much sleep will benefit us in the long run.

When we are in a deep sleep our brain is able to process all the information we have consumed in that day and then store the important stuff and get rid of the useless stuff.

However, if we don't sleep deep enough usually due to high levels of stress we can wake up in the night wide awake thinking of random things we need to do.

This is your brain completely overloaded with information with not enough brain power or energy to deal with it.

Poor sleep is usually affected by high stress lives, too much caffeine, not enough exercise, and poor food choices.

“Mark, I get what you're saying, but my life is too busy, I just can't switch off at night”

I get that, I have some days where I have had music on in the gym for 4 hours, we've had 50+ members come through the door with the stress from their day, we've had all the energy from our sessions and when you combine all this it turns into a 'tired but wired' feeling when it comes round to bedtime.



So What Can You Do To Combat This?

Bens Tip: How To Relax and Unwind



As Ben says in the video, take 10 minutes out of your day when you just stop. Phones down. Children to bed. TV off. Lights off. Put some meditation music on (I use Spotify playlists) and just down, focus on your breathing, and set a very gentle alarm to go off in 15 minutes. Or just literally use this method before you go to bed.

Instantly you will feel calmer and more relaxed, also you could have a warm shower to help relax your body.

When you really think about your potential day, you could have a lot of stress, then you add in cigarettes, coffee, and alcohol, is it any wonder that you can't switch off when your body is trying to fight all these stimulants?

Before you come at me with your excuses as to why you 'don't have the time' then really rethink how important your health is. Are you too busy making yourself 'busy' or are you actually being smart with your time and energy? 10 minutes out of your day to improve your sleep and decrease your stress is an incredible return on investment!



SQUATS

(Exercise)

As you may have noticed above exercise is really important, for the simple fact that it makes us feel so damn good!

To quote one of our Benchmark members:



In most of the videos where our members out talking about the biggest benefits of training they say how it turns around their day, or how it makes them feel less anxious, or less stressed.

But what is it about exercise that makes us feel so good?

There are a few reasons:

1) **We Get Our Body Moving:** The majority of people At Benchmark have quite sedentary jobs, meaning, that from 9 - 5 pm they are sat down.

Once they **get their body moving, get the muscles active, blood pumping, and start to get a sweat**, we begin to feel human again. We begin to counterbalance all the inactivity from our day.

2) **Exercise Releases Endorphins:** All of the above will then release the feel-good hormones which make us forget about the stress from our day. The stress hormones we have created from our day are now being used by the body to exercise, which means in the evening we will feel more relaxed.

3) **We Create a Sense of Achievement:** Going to the gym is one thing, but when you go there and you're managing to do more than your last session then you really feel a sense of accomplishment!

4) **The Social Aspect:** At Benchmark, you train in a group, which means that you get to chat with people, have a laugh, socialise, and just leave all your troubles at the door.

As humans we work best in teams or small communities, so exercising together really adds a different element to your workout.

How Eddie Improved His Anxiety With Exercise



It doesn't have to be the gym, it can literally be any kind of sport or hobby which gets you moving.

I highly recommend you do something which raises your heart rate, focus' on strength and something which you ACTUALLY really enjoy!

If you are a little hesitant to starting at a gym or doing a sport then I recommend you start off with downloading a health app and hitting 10,000 steps per day.



THANK YOU FOR READING!

I hope this has been useful and has opened your eyes to 3 things:

- 1) How much stress we have daily and that we really need to combat that first.
- 2) How poor our sleep is and the negative effects it has on our health.
- 3) How inactive our lifestyles are, and that we should focus on more movement and exercise.

MAKE SURE YOU TAKE ACTION!

Choose one area that you want to improve first.

The great thing about the 3 S's is that they all affect one another, either in a negative or a positive way. So if you focus on improving one of them at a time then the others will fall into place.

Do not try and do all 3 at the same time because you will likely not benefit any of them. Choose one of them, focus on one habit you will change and do it everyday **consistently**.

Be **patient** with the changes happening, because the moment you change it again is the moment you start all over again!



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