



Help boost your health & energy with these tips

With Tracy Tredoux, nutritional therapist and functional medicine practitioner

Modern life is fast-paced, demanding and full of distractions. With so much on our plates, it's easy to feel fatigued, sluggish or simply not at our best. Instead of searching for quick fixes, Tracy Tredoux encourages us to shift our focus to small, sustainable habits that naturally build long-term energy and vitality. Here are her top tips for feeling energised, balanced and resilient every day.

Breathe fresh air daily
One of the simplest ways to boost your energy is to spend time outdoors. Fresh air, natural light and movement

all work together to regulate your circadian rhythm, support mental clarity and reduce stress. Whether it's a morning walk before work or an afternoon break in your local park, taking just 15 minutes outside can make a noticeable difference to your mood and energy levels.

Start your day with a nutrient-dense breakfast
What you eat in the morning sets the tone for the rest of the day. A well-balanced breakfast that includes protein, healthy fats and fibre can stabilise blood sugar levels, keeping you full and focused. Instead of

relying on quick, carb-heavy options that lead to an energy crash, try a protein smoothie, eggs with avocado and greens, or a bowl of overnight oats topped with nuts, seeds and berries.

Move more, lose more
When it comes to exercise — get NEAT. Studies actually prove that Non-Exercise Activity Thermogenesis — the energy expended during daily activities excluding formal exercise — can significantly impact total daily energy expenditure and weight management. In some cases, increasing NEAT may contribute more to weight loss than structured gym workouts. Incorporating more NEAT into daily routines — like opting for stairs, walking during phone calls or performing household chores — can enhance daily energy expenditure. These consistent, low-intensity activities can be more sustainable and cumulatively impactful for weight management, compared to relying solely on high-intensity gym sessions.

Hydration is non-negotiable
Feeling sluggish? Lower back pain? Brain fog? It might simply be dehydration. Many people mistake thirst for hunger or tiredness, so make a habit of sipping water throughout the day. Herbal teas and infused water are great alternatives if you struggle with plain water. Keep a water bottle handy and aim for at least six to eight glasses per day to



maintain focus and energy. Simply adding cucumber to your water can enhance the taste, make it more palatable or likely that you'll drink it. Fruit and vegetables high in water and which are hydrating include celery, courgettes, watermelon, strawberries and blueberries, oranges and other citrus fruits. To optimise your hydration drink water with any of these hydrating foods instead of plain water alone. This can be done by infusing water with cucumbers, citrus or berries.

Eat more colourful, whole foods
A diet rich in whole, unprocessed foods provides the nutrients your

body needs to function optimally. Instead of restricting foods, focus on adding more nutrient-dense options to your plate — seasonal vegetables (eat the colours of the rainbow), healthy fats, quality proteins and whole grains. When your meals are packed with vitamins, minerals and fibre, your body naturally has the energy it needs to thrive. Shopping at local farmers' markets is one of the best ways of ensuring that you're getting optimum nutrition from what you eat. This is because the food is fresher, has travelled shorter distances and is also seasonal. Variety truly is the spice of life.

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Prioritise restorative sleep
Deep, restful sleep is one of the most powerful tools for maintaining

energy, improving fat loss, preserving muscle mass and supporting metabolic health. Poor sleep affects everything from digestion to hormone balance, increasing hunger and fat retention and decreasing metabolic rate. Establish a relaxing evening routine — reduce screen time before bed, take a warm bath with Epsom Salts and create a calm sleep environment. Aim for seven to nine hours of quality sleep to wake up feeling refreshed.

Structure your meals
For weight loss and a consistent flow of energy throughout the day, the old adage 'Eat breakfast like a king, lunch like a queen and dinner like a pauper' has stood the test of time. Research confirms that consuming the same amount of food, but shifting to a small or no breakfast with a large dinner leads to lower energy levels throughout the day, and less weight loss. If weight loss is your priority, research has shown that structuring your meals like this results in greater weight loss than eating the same amount in a day, but broken up into more frequent meals.

Find your community
Social connection has been recognised as a fundamental pillar of health, just as important as nutrition, exercise and sleep. Research consistently shows that strong social bonds enhance mental wellbeing, immune function and longevity, while isolation and loneliness can increase stress, disease risk and inflammation. To cultivate meaningful connections, seek out communities that align with your interests — whether it's a fitness group, book club, local volunteering or other hobby-based gathering. Engaging with like-minded individuals provides emotional support, motivation and a sense of belonging, which are crucial for overall wellbeing. If in-person interactions feel

challenging, online communities and social platforms can also offer valuable connections. Prioritise quality over quantity — even a few deep meaningful relationships can significantly impact resilience and happiness. Invest in your social wellbeing just as you would in your diet and exercise: your health will thank you for it.

Cultivate gratitude and mindfulness

Stress drains energy like nothing else. One way to counteract this is to cultivate a daily gratitude practice. Whether it's journaling three things you're grateful for or simply taking a deep breath and appreciating the moment, mindfulness helps shift your perspective, improve resilience and bring more balance into your life. Gratitude can alter your mindset, having a type of snowball effect — the more you look for it, the more you find. Once you look for things to appreciate, you'll start to realise just how much there is to be grateful for in your daily life.

By embracing small, consistent changes, you can create a foundation for lasting energy and vitality. Wellness isn't about perfection, it's about progress — making simple, nourishing choices that support your body and mind.

