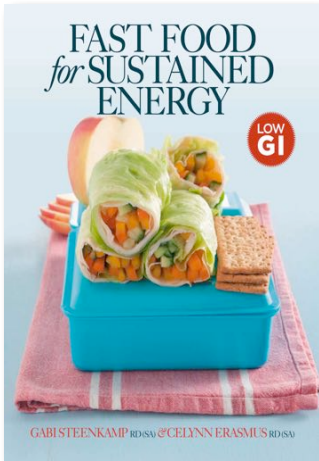
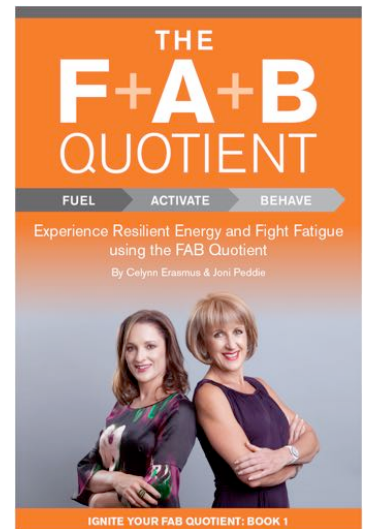


## BOOKS



**Fast Food for Sustained Energy** is a realistic and practical guide for people who need to eat on the run. This book is aimed at active, on-the-go people, executives, entrepreneurs and professionals who want to be healthy, full of energy and keep their weight under control.

**FAB Quotient (Book 1)** is a compilation of 21 practical chapters to help you:  
Fuel correctly – release energy + vitality;  
Activate your body and brain;  
Behave authentically and collaborate powerfully.  
Order from Amazon (Search “FAB Quotient” or from [www.energyresiliencecenter.com](http://www.energyresiliencecenter.com))



## FUELING - Nutritional resources

- Dietician blog and expert articles – [www.celynnerasmus.com](http://www.celynnerasmus.com)
- Pre-packaged snacks delivered to YOU - EATRITRIT – [www.eatritefoods.co.za](http://www.eatritefoods.co.za)
- BBC video series “The Men Who Made Us Fat” <https://www.youtube.com/watch?v=hDFhpwyXMzU>
- Videos on the Wellculator™ methodology – [www.youtube.com/celynnerasmus](http://www.youtube.com/celynnerasmus)

## SUPPLEMENTATION

- Good brands include: Metagenics , Foodstate & Solgar. It is best to speak to a dietician before taking supplements.

## ACTIVATION – Workout ideas and resources for activations

- ACTIVATION ideas for the office: <http://abeforfitness.com>
- Tabatha workout - <http://bit.ly/KX8CUd>

- Workouts you can do at your desk - [http://www.sparkpeople.com/resource/fitness\\_articles.asp?id=720](http://www.sparkpeople.com/resource/fitness_articles.asp?id=720)
- **A must watch! VIDEO 23 and 1/2 hours** by Dr Mike Evans  
<http://www.youtube.com/watch?v=aUalnS6HIGo> Or [www.myfavouritemedicine.com](http://www.myfavouritemedicine.com)

## SMART APPS FOR EXERCISE & ACTIVATING

- SWORKIT – Lite or Pro version
- <http://www.12minuteathlete.com>
- Johnson & Johnson 7 minute app by Wellness Prevention Inc.

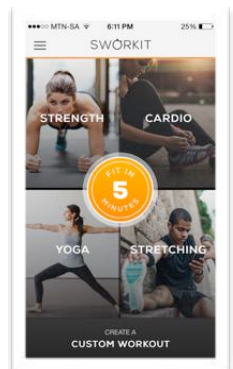
## BREATHING

Diaphragmatic breathing is a simple, free health-beneficial technique that can be practised anytime, anywhere and involves no medication. Dr Jeffrey Rossman helps us relearn how to “breathe like a baby” in this article and video : <http://www.rodalenews.com/diaphragmatic-breathing-and-health>

Dr Mercola and Dr Weil both teach the 4-7-8 breathing technique.

## OTHER MINDFULNESS/BREATHING apps:

- Mindfulness Daily by Inward inc. (triggers you to think about your breathing - very useful!)
- HEADSPACE
- <http://mindvalley.com> - Omvana app
- <http://www.dailyom.com>



## WATER MONITORING (and many other aspects)

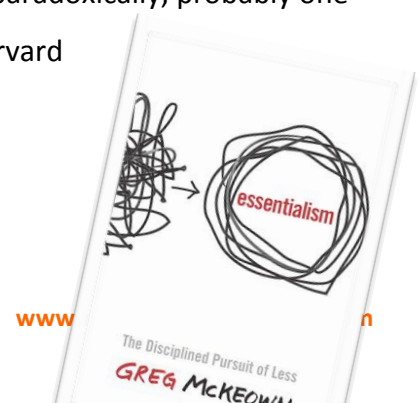
- FITBIT
- JAWBONE

## SLEEP

Sleep is possibly one of the most under-valued aspects of a healthy lifestyle, and paradoxically, probably one of the most important. Take a look at this comprehensive sleep resource from Harvard University's Medical School : <http://healthysleep.med.harvard.edu/healthy/>

Dan Howard (Great 30 day programme and useful DVDs) –

[www.intentionalresting.com](http://www.intentionalresting.com)



## POSTURE

TED Talks: Amy Cuddy

POSTURE and BODY LANGUAGE -

[http://www.ted.com/talks/amy\\_cuddy\\_your\\_body\\_language\\_shapes\\_who\\_you\\_are?language=en](http://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are?language=en)

## GREAT READS

Essentialism by Greg Mc Kowen

The Monk Who Sold His Ferrari by Robin Sharma

The Happiness Factor by Sean Anchor

Brain Rules by Dr John Medina

Your brain at Work by David Rock – also Neuro Leadership Forum - <http://www.davidrock.net>

## Enneagram – personality and behaviour profiling

Comprehensive assessment – highly recommended! RHETI [www.enneagraminstitute.com](http://www.enneagraminstitute.com)

FREE assessment – [www.bizcomm.co.za](http://www.bizcomm.co.za)

## HeartMath

Excellent FREE tools to assist with resilience <http://www.heartmath.org>

“The Science of the Heart” - <http://www.heartmath.org/research/science-of-the-heart/introduction.html>

## The Power Of Full Engagement

Take the Energy Audit at <http://www.theenergyproject.com/tools/the-energy-audit#step1>

## BJ FOGG "Tiny Habits"

There are many videos on youtube but look at the most recent one - here is the link.

<https://www.youtube.com/watch?v=2L1R7OtJhWs>

Take a look at other videos and then visit his website - I suggest that you try the free 5 day session on offer - <http://tinyhabits.com>