

FATIGUE FIGHTERS FOR WOMEN WITH A FULL PLATE OF LIFE



HEALTHY ENERGY TIPS

Vickie Burnet

Hey, ya'll!

I'm Vickie Burnett, from Lubbock, Texas. I'm a busy wife, mom, Grammy and work at home silverboss.

Most women I know are like me and have a FULL PLATE of life with family, home, job and community. Not so many years ago I was so tired of being tired! I found some ways I could have more energy and just plain feel better.



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***These are my top tips that have helped me
and I know they will help you!***



- **Control stress-** Stress-induced emotions consume huge amounts of energy. Talking to a friend or relative, joining a support group, or seeing a therapist can all help. Yoga is one way I reduce my stress. I use free yoga videos from youTube at home. BoHo Beautiful is an example.
- **Lighten your load-** One of the main reasons for fatigue is overwork such as professional, family, and social. Streamline your list of "must do" activities. *It's ok to say 'no'!
- **Get Some Sun-** Whether at home or office, try to get outside for 10 minutes a day to get some of that free Vitamin D!
- **Drink Water-** Just drink water throughout the day-it will surprise you.



- **Exercise-** It almost guarantees that you'll sleep more soundly. It gives your cells more energy to burn and circulates oxygen. And exercising can lead to higher brain dopamine levels, which helps elevate mood. Shoot for 30 minutes a day.
- **Drink** a healthy "pre-workout" drink to get a better workout. This is what I love and use daily - **Pure Energy**
- **Eat for energy-** Protein for breakfast. I like to start with a healthy protein shake, it's easy, quick and a 'no brainer'. Since going gluten-free, I've noticed even more energy through the day. 50 grams of protein a day is great for most women. Eat the Rainbow in fruits & veggies.
- **Simplify-** Make meal preparation easier. Think of 10 easy menus your family likes and put those on index cards. Put the ingredients on the back then each week choose 5 that you will prepare that week. (Most families eat out a couple of times a week.) Simple things like chicken, rice & broccoli, Taco Tuesday, Spaghetti & salad night all make life easier and mom less fatigued. Rotate through the favorites and maybe add more periodically.
- **Batch cook-** Pinterest has many recipes you can prepare then freeze to cook in the crockpot or instapot. I do this and always have something in the freezer for when I'm busy.
- **Last but not least,** always remember that the more you take care of yourself...the more you have to give.



I'm a mom of 6, grandma to 3 and my husband and I own 3 businesses. Pure Energy has helped me be productive through the day and not get home exhausted and beat.

-Shelby

I'm a wife, mom, grandma to 3, work full time as a sonographer, volunteer up to 20 hours a week and have a business I work from home. I used to have constant fatigue and brain fog. I will never skip a day without my Pure Energy!

-Rosalyn



"I hope you had a chance to look at the information that I was talking about right when you requested these tips. I knew that if you were interested in 'fighting fatigue' I just had to share with you my favorite solution. I've used Pure Energy for 10 years and don't have to take naps every day and I don't experience brain fog anymore!"

To Learn More Go Here Now: [Pure Energy](#)

*Learn how to get a free \$10 sample by contacting me through FB messenger. Contact me there with any questions also. <https://www.facebook.com/vickie.burnett>



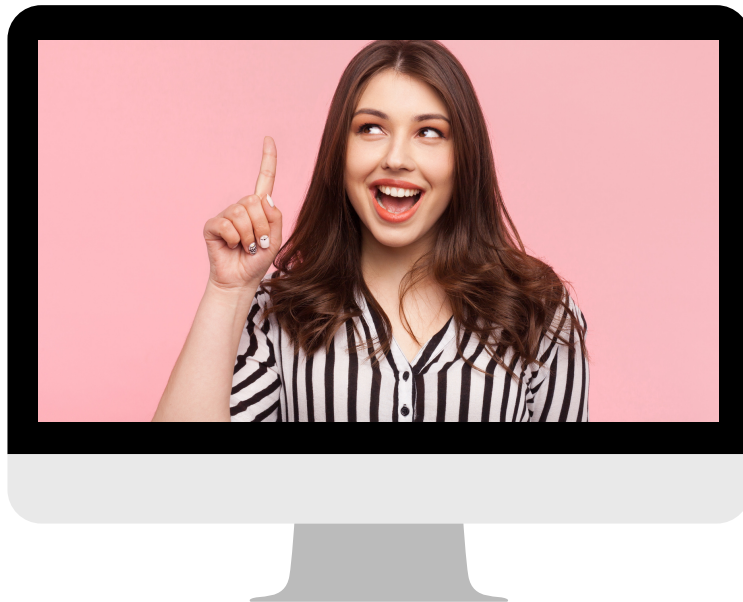
You can also email me at vickie@burnettbiz.com

More Info



If you are the type of person who really wants to get more information to make an informed decision do I have options for you! I have a FB group all about product results I can add you to. I also can send you videos about product results. I am going to include a video about my favorite way to support my energy through the day and how I 'fight fatigue'.

[Click Here: Watch My 2 Minute Video About HOW You Can Have More Energy!](#)



[**WATCH NOW!**](#)

Did You Get Some Value?

I'm so excited for us to be connected more. I put out new content all about Fighting Fatigue and other healthy tips on my Social Media Feeds and I'd love to connect more there.

Let me know how I can help you, message me through one of my social media channels. Let me know how you enjoyed these tips.

See You There!

Vickie Burnett

the SILVER BOSS



vickieburnett.com



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