



The **7-DAY ENERGY** Booster Program

A Simple Plan to Boost Your Energy, Focus, and Mood in One Week



About Alvin Lee

Hi, I'm Alvin. If you're reading this, chances are you've been like Clara feeling drained, juggling work and family, & wondering why your body feels heavier, stiffer, and more tired than it used to. I get it, because I've been there.



At 26, I looked like I was in my 30s. I was working long hours, skipping proper meals, running on caffeine, and constantly stressed. My GP told me point blank: ***"If you keep living like this, your heart will weaken."*** That moment scared me and it woke me up.



About Alvin Lee

(Cont.)

I started learning everything I could about health and wellness, not just for myself but so I could help others avoid the same mistakes I made. Over time, I turned that wake-up call into a mission: to help busy professionals reclaim their energy, health, and confidence without feeling like they have to give up their lives to do it.

Since 2015, I've worked with over **400 people** alongside my team, helping them overcome fatigue, reduce their risk of the **"3 Highs"** (high blood pressure, high cholesterol, and high blood sugar), and **feel more in control of their health again.**



Why I Can Help You

I'm not just someone who went through a health scare. I've spent years learning and coaching so I can give practical, real solutions to people like you:

1. Certified Level 1 Precision Nutrition Coach

- I help busy people eat and live better in a way that fits into their real life. No strict diets, no calorie-counting apps, just simple strategies that actually work.





Why I Can Help You

(Cont.)

2. ICF-Accredited Khrysalis Coaching Series Grad

- I use science-backed coaching methods to help people manage stress, break old habits, and create lasting changes. Even if their schedule feels impossible.

3. Founder of the Social Avengers Tribe (Singapore)

- A community I built for people just like you. Busy professionals who want to feel better, prevent health problems, and still enjoy their lives.



Why I Do This

Helping people feel stronger and healthier isn't just my job, **it's my passion.** There's nothing more fulfilling than seeing someone go from constantly tired and worried about their health to feeling confident, energised, and finally enjoying time with their loved ones again.

Part of that passion comes from what I've seen in my own life.

Years ago, I watched my wife, a hardworking manager, struggle under the weight of endless deadlines, late nights, and the stress of juggling her job with her responsibilities at home.



Why I Do This

(Cont.)

I saw how much **it drained her energy, mood, confidence** and how little time she had left to care for herself.

It opened my eyes to a bigger truth: many people, especially in their 30s and 40s, deal with a lot of pressure. They're balancing demanding careers and family life, yet they're usually the first to ignore their own health until the warning signs like fatigue, rising blood pressure, cholesterol, or blood sugar become impossible to ignore.

That's why I do this.



Why I Do This

(Cont.)

I want to help people **reclaim** their **energy and confidence** before it's too late, without asking them to sacrifice their careers, families, or the foods they love.

If there's one thing I've learned over the years, it's this:

You don't need perfection to feel better. You just need small, consistent steps and someone to guide you along the way.

That's why I created this **7-Day Energy Booster Program** and why I continue to coach people through these simple but powerful changes.



A Reset That Fits Your Life

If you're a **busy person in your 30s or 40s**, chances are life feels like a constant balancing act. You are managing your career, family, and endless responsibilities. On top of that, you are often running on caffeine, sugar, and pure willpower just to get through the day.

✔ Maybe you **wake up tired** no matter how long you sleep.

✔ Maybe you **hit the 3 p.m. slump** so hard that coffee and snacks feel like your only lifeline.

✔ Or maybe your last health check-up showed **rising blood pressure, cholesterol, or blood sugar.**



A Reset That Fits Your Life

(Cont.)

The early signs of the **“3 Highs”** that so many people face at this stage of life.

It is easy to feel like the only solutions are extreme diets, long workouts, or giving up everything you enjoy. But for most busy people, **those plans do not last**. They just **add more stress** to an already packed schedule.

The truth is, you do not need a drastic overhaul to start feeling better.

Your body can change quickly with small, simple shifts that fit into your day even if you only have five minutes to spare.



A Reset That Fits Your Life

(Cont.)

That is what the **7-Day Energy Booster Program** is all about.

Over the next week, you will follow Clara Lim, a 36-year-old executive, as she tackles the same struggles you may be facing: fatigue, energy crashes, poor sleep, stress, bloating, stiffness, and feeling like her health is slipping.

Each day, you will see how Clara uses **one small habit to fix one problem** at a time.

Habits

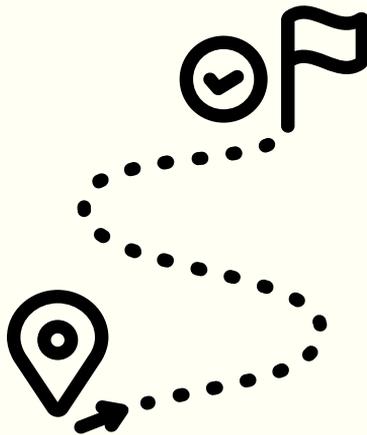


A Reset That Fits Your Life

(Cont.)

By the end of the week, her energy, confidence, and health will feel completely different and you will know exactly how to make the same changes for yourself.

Let's begin with Clara's story, starting where many people start: **at the breaking point, when the body finally says enough.**





Clara's Breaking Point

Clara Lim was 36 years old, a mid-level executive in a logistics firm. On paper, her life looked fine with a stable career and a decent income. But Clara **felt like she was falling apart inside.**

Every morning, she **woke up exhausted**, as if she had not slept at all. Her alarm rang at 6:30 a.m., but it often took her **three snoozes before** she could drag herself **out of bed**. She rushed through a quick shower, grabbed a kopi to jolt herself awake, and squeezed through the crawling morning traffic to get to work.



Clara's Breaking Point

(Cont.)

By the time she reached the office, it felt like she had already run a marathon, even though the day had just started.

At work, Clara survived on kopi, biscuits, and the occasional teh peng to keep herself going. Her **energy spiked and crashed throughout the day**, leaving her foggy and irritable by mid-afternoon. By the time she got home, she had nothing left in the tank. Most evenings, she **collapsed on the sofa with her phone**, scrolling until she finally drifted off into another restless night of sleep.



Clara's Breaking Point

(Cont.)

Her last health check-up was a wake-up call. Her **blood pressure was creeping up**, her **cholesterol was slightly above normal**, and her doctor warned her that her **blood sugar was on the borderline**. Clara was not at a dangerous level yet, but she was headed straight toward the “**3 Highs**”: **High Blood Pressure, High Cholesterol, and High Blood Sugar**.

She knew something had to change, but the thought of dieting, exercising for hours, or giving up all her favourite foods felt impossible.



Clara's Breaking Point

(Cont.)

Between her demanding job and constant exhaustion, Clara **felt trapped in a cycle** she did not know how to break.

She wanted her energy back. She wanted to wake up feeling alive, power through her work without relying on sugar and caffeine, and still have enough left to enjoy her evenings.

Most of all, she wanted to **avoid the slippery slope of medications and long-term health problems.**



Clara's Breaking Point

(Cont.)

That was when Clara decided to try something different: a plan designed for people like her, who are juggling busy lives, noticing the early warning signs of the **3 Highs**, and feeling like their body is slowing down too soon.

She found the **7-Day Energy Booster Program**, a step-by-step approach that promised not a crash diet or extreme exercise routine, but simple, realistic habits that could help her feel better within a week, **without adding more stress** to her life.



Clara's Breaking Point

(Cont.)

This is Clara's story. Over the next seven days, you will see how small, easy-to-do changes transformed her energy, her confidence, and her health, **one habit at a time**. And as you follow along, **you will discover how you can make the same shifts for yourself**.



What Most People Like Clara Experience

Clara's story is not unique.

Over the last decade, I have worked with hundreds of people in their 30s and 40s, and almost all of them have told me a version of the same thing:

"I'm always tired, even after sleeping. I rely on kopi or snacks just to stay awake. My doctor says my blood pressure or cholesterol is creeping up, but I don't know how to change my lifestyle when I can barely manage my day as it is."

For many of these people, their energy problems do not show up as one single issue. They stack up over time:



What Most People Like Clara Experience

(Cont.)

- ✓ They **wake up tired**, even after 7 or 8 hours of sleep, because their sleep quality is poor.
- ✓ They **crash hard in the afternoons**, reaching for sugar or caffeine to push through work.
- ✓ Their meals leave them **bloated** or **hungry**, because they are mostly refined carbs and lack colour, fibre, or protein.
- ✓ They **feel stiff and heavy by evening**, from sitting all day with no movement.
- ✓ Their **stress** feels constant, **keeping their heart rate and blood pressure high even at rest.**



What Most People Like Clara Experience

(Cont.)

Most of them are also dealing with the early warning signs of the **"3 Highs"**

**HIGH BLOOD
PRESSURE**

**HIGH
CHOLESTEROL**

**HIGH BLOOD
SUGAR**





What Most People Like Clara Experience

(Cont.)

Their doctors tell them to eat better, exercise more, and lose weight, but **no one shows them how to fit these changes into their busy lives.** The advice often feels like an all-or-nothing plan which includes strict diets, long workouts, or giving up favourite foods. Most try, but within weeks, their job, family, and exhaustion pull them back into old habits.

The truth is, these people are not lazy or unmotivated. They are already stretched thin, and **no one has taught them a way to take control of their health without overhauling everything.**



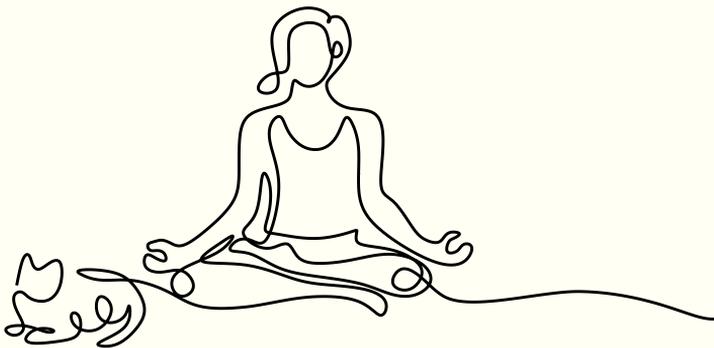
What Most People Like Clara Experience

(Cont.)

That is why the **7-Day Energy Booster Program** exists to show people like Clara (and you) that change can start small.

One habit at a time.

And results you can feel within the first week.





The Real Secret – Small Steps First

Most people like Clara **believe** that to fix their energy and health, **they need a major overhaul.**

Strict diets. Long workouts. Cutting out their favorite foods. Waking up two hours earlier for exercise.

That is why **so many give up**, not because they lack discipline, but **because these changes do not fit into a life that is already demanding and stressful.**

The real secret is this: **your body responds quickly to small, consistent habits.**



The Real Secret – Small Steps First

(Cont.)

Even tiny shifts, done daily, can start to:

- **Stabilise your energy** so you feel alert all day.
- **Reduce stress on your heart, blood vessels, and metabolism**, lowering your risk of High Blood Pressure, High Cholesterol, and High Blood Sugar.
- Help you **feel lighter** and **more confident**, without feeling deprived or overwhelmed.



The Real Secret – Small Steps First

(Cont.)



You **do not need** a 2-hour gym session to feel a difference.



You **do not need to survive on salads** or skip every food you enjoy.



You **only need to start with one simple habit each day**, building momentum without adding more stress.

The **7-Day Energy Booster Program** works because it gives you one new habit per day. Small enough to do even when life is busy, but powerful enough to help you feel results quickly.



The Real Secret – Small Steps First

(Cont.)

Clara is about to discover how **just five minutes a day can shift her energy, her mood, and her confidence.** Over the next seven days, each habit will build on the last, so that by the end of the week, she has not just more energy but also a realistic plan to keep it going.





Why This Reset Works

Most programs promise fast results, but they are built in a way that is not realistic for most of the people like Clara. **Strict diets, heavy exercise routines, and complicated meal plans might work for a short time**, but they rarely last. They add **more stress to a life** that already feels overloaded, and most people end up back where they started being tired, frustrated, and wondering what went wrong.

The **7-Day Energy Booster Program** is different because it is designed to work with your life, not against it.





Why This Reset Works

(Cont.)

1

Each habit takes only a few minutes a day.

2

You do not need to buy special foods or equipment.

3

You do not have to give up your favourite meals or coffee.

4

Every step is flexible, so you can do it even on your busiest workdays.



Why This Reset Works

(Cont.)

Instead of trying to fix everything at once, we **solve one problem each day**. By the end of the week, these **small habits** stack together, **creating real changes** you can feel without adding pressure.

Each day focuses on a specific challenge Clara is facing the same challenges many people like you are dealing with:

- ✔ **Waking up tired and drained.**
- ✔ **The 3 p.m. energy crash.**
- ✔ **Poor sleep that leaves you groggy, no matter how many hours you get.**



Why This Reset Works

(Cont.)

- ✔ Constant **stress** that **weighs on your body and mind.**
- ✔ **Meals** that **cause bloating, cravings, and crashes.**
- ✔ **Stiffness** and **low energy** from sitting all day.
- ✔ Bringing **everything together** into a **simple routine** that sticks.





Why This Reset Works

(Cont.)

These steps are **based on science**, but more importantly, they are tested in real life with people who work long hours, juggle family commitments, and need a solution they can actually stick to.

By following along with Clara's **7-day journey**, you will see how **each small habit shifts her energy and health**, one day at a time. And you will know exactly how to make the same changes for yourself, without the overwhelm that comes with typical health plans.



What You Will Get by the End of 7 Days

By the end of this **7-Day Energy Booster Program**, you will not just feel a little more awake, you will feel a noticeable shift in your body, your mood, and your confidence.

If you follow Clara's journey and apply the same habits, you can expect to:

- **Wake up feeling refreshed, not drained.** Even on busy mornings, you will feel lighter and more alert, without needing two cups of coffee just to get moving.
- **Get through your workday without the 3 p.m. crash.** No more fighting sleep at your desk or reaching for sugar to push through the afternoon



What You Will Get by the End of 7 Days

(Cont.)

- **Sleep more deeply, even if your schedule stays the same.** Small evening changes will help your body get the restorative rest it needs, so you wake up energised.
- **Feel calmer and more in control, even on stressful days.** You will have tools to lower tension in minutes, so stress no longer drains your energy or keeps your heart racing.
- **Eat in a way that fuels you, not slows you down.** Without strict diets or cutting out your favourite foods, you will learn how to make your meals work for your energy and your health.



What You Will Get by the End of 7 Days

(Cont.)

- **Move your body without adding long workouts to your schedule.** Simple stretches and movements will keep you from feeling stiff and heavy, even on days packed with meetings.
- **Have a plan you can keep using beyond this week.** You will not be left wondering, “What now?” You will have a clear, realistic routine you can continue using to protect your energy, health, and confidence long after this reset ends.



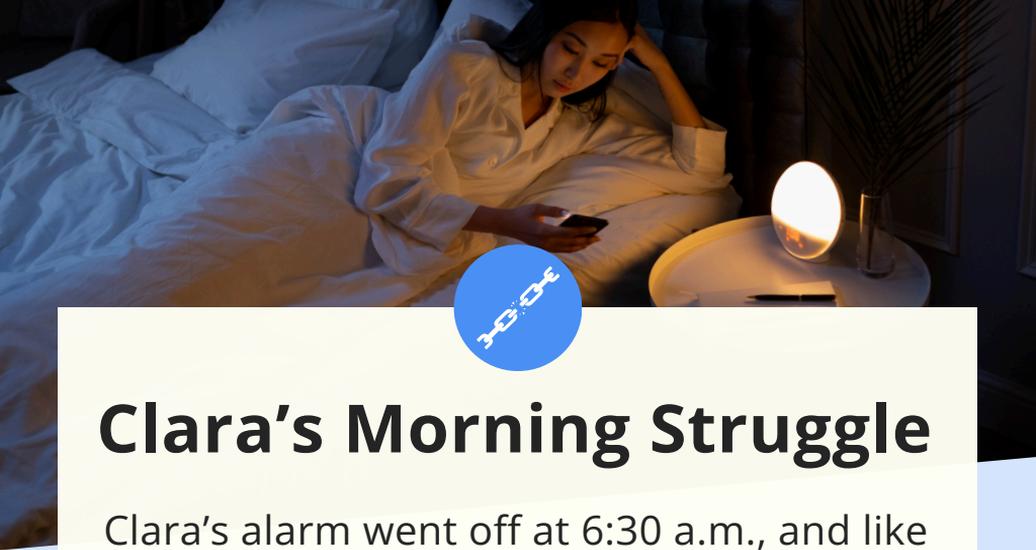
What You Will Get by the End of 7 Days

(Cont.)

Most importantly, you will see that feeling good again is not about perfection or extreme effort and it is about small, consistent steps that fit into your life.

Clara is about to start her journey with the very first step, fixing her mornings, so she can finally stop starting each day feeling behind.

Let's begin with **Day 1: Morning Energy Ritual.**



Clara's Morning Struggle

Clara's alarm went off at 6:30 a.m., and like most mornings, she **hit the snooze button three times before** forcing herself **out of bed**. Her head felt heavy, her shoulders stiff, and her eyes dry. It always felt like she had barely slept, even though she had been in bed for nearly eight hours.

Before she even brushed her teeth, she was already checking her phone. A flood of work emails, WhatsApp messages, and reminders filled her screen, and **the tension started building before her day had even begun.**



Clara's Morning Struggle

(Cont.)

Breakfast was a rushed routine. She grabbed a kopi and kaya toast from the stall near her office and ate at her desk while scrolling through her inbox. The caffeine hit felt good for a while, but by 10:30 a.m., the crash came. Her **energy dipped, her focus blurred, and she felt her body reaching for something sweet.** Either a biscuit, a sweet bun, or another kopi to make it to lunchtime.

This had been Clara's normal for months. She assumed she was just tired from her busy life and that this was how things were supposed to be in her mid-30s.



Clara's Morning Struggle

(Cont.)

But what she did not realise was that the way **she started her day was setting her up for exhaustion** before the day had even properly begun.

Her body was **dehydrated** from the night, her breakfast was **spiking and crashing her blood sugar**, and her mind was going from zero to **full stress** mode the second she woke up.

Clara needed to **fix her mornings first**. If she could start the day with steady energy. Her focus at work, her mood, and her ability to handle the rest of her habits this week would become easier.



Why Mornings Matter

Clara thought her **morning struggles were just because she was busy** and “not a morning person.” But there is more going on inside her body than she realised.

After 7–8 hours of sleep, **everyone wakes up slightly dehydrated**. Your brain and muscles need water to function properly, and even mild dehydration can make you feel sluggish, foggy, and heavier than usual. When you skip water and head straight for kopi, your body is running behind before the day has even started.



Why Mornings Matter

(Cont.)

Then there is breakfast. Most typical Singapore breakfasts are kaya toast, curry puffs, fried bee hoon, or sweet drinks which are made mostly of refined carbs and sugar. **These foods push your blood sugar up quickly, giving you a short burst of energy**, but within a couple of hours, your body brings it crashing back down. That crash is what leaves you yawning, craving sugar, or reaching for another coffee before lunch.

Add to that the habit of checking work emails the second you wake up, and your mind starts the day in “**stress mode.**” Your **heart rate goes up**, your **cortisol spikes**, and your **body feels like it’s on high alert** before you’ve even had breakfast.



Why Mornings Matter

(Cont.)

The good news is that mornings can feel completely different. By making three small changes which are **rehydrating first, giving your cells a boost of carotenoids, and starting breakfast with protein.** You can:

- **Wake up your brain and muscles** so you feel alert within minutes.
- **Avoid the sugar spikes and crashes** that drain your energy by 10:30 a.m..



Why Mornings Matter

(Cont.)

You can:

- Feel **steady**, **focused**, and ready to handle your day without relying on endless cups of kopi or sweet snacks.

Clara is about to **change her mornings with a simple routine that takes just five minutes**. The impact will surprise her.





Clara's New 5-Minute Routine

Clara didn't need a complicated plan to change her mornings.

She only **needed to make a few small, deliberate shifts** to set her body and mind up for the day. Her new **morning routine** took less than five minutes but **completely changed how she felt by mid-morning.**





Clara's New 5-Minute Routine

Here's what she did:

STEP 1: Hydrate First Thing

Right after getting out of bed, Clara **drank a full glass (about 300 ml) of plain water.**

On mornings when she wanted a bit of flavour, she **added a squeeze of lemon.**

This **rehydrated her brain and muscles,** helping her feel more alert within minutes before her first sip of kopi.





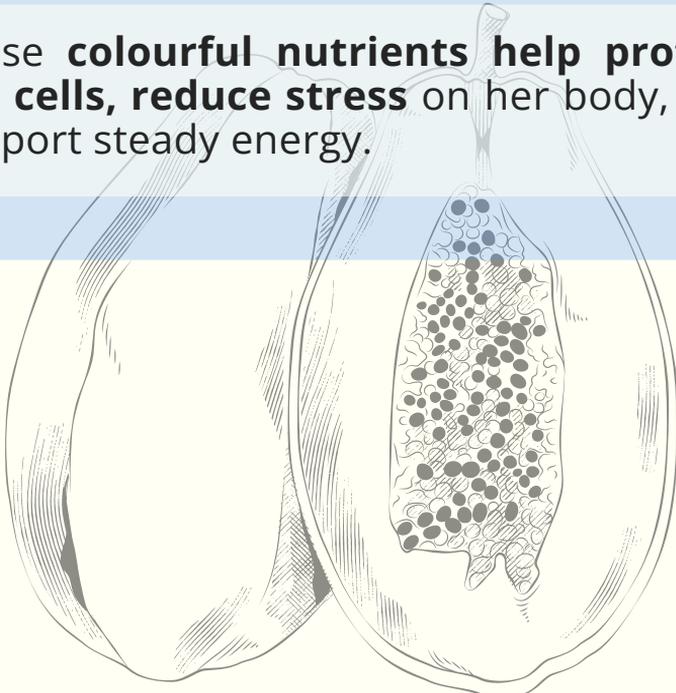
Clara's New 5-Minute Routine

Here's what she did:

STEP 2: Carotenoid Boost

Before breakfast, Clara had **half a papaya or a carotenoid-rich supplement.**

These **colourful nutrients help protect her cells, reduce stress** on her body, and support steady energy.





Clara's New 5-Minute Routine

Here's what she did:

STEP 3: Protein-First Breakfast

Instead of her usual kaya toast, Clara switched to **two soft-boiled eggs, half a plate of fruit, and a kopi C with less sugar.**

The protein helped slow down how quickly her food turned into sugar, **preventing the energy spike and crash that used to leave her drained by 10:30 a.m.**



Clara's New 5-Minute Routine

By making these small swaps, Clara felt a noticeable difference.

Her **head** felt **clearer**, her **cravings** were **reduced**, and she didn't reach for the office biscuits mid-morning. For the first time in months, she felt like she was starting her day in control instead of behind.

Tomorrow, she would **tackle** the next hurdle, the **3 p.m. slump**. For today, she had already found her first win.



Reflection – Clara’s First Morning Win

By the end of her first morning using the 5-minute routine, Clara could already feel the difference.

Usually, by 10:30 a.m., her eyelids would be heavy, and she would be reaching for another kopi or a biscuit just to keep going. But today, **she felt steady**. Her **head felt clearer**, her **cravings were noticeably less**, and she **had the focus to get through her morning meetings** without fighting fatigue.



Reflection – Clara's First Morning Win

It wasn't a perfect day yet, she still felt her usual energy dip later in the afternoon. However for the **first time in a long time, she didn't feel like she was running on fumes before lunch.**





Your Turn to Reflect:

Take a minute to jot down how you felt after trying this morning routine. Tracking your energy helps you see just how much difference a few small changes can make.

1. Energy Level @ 11 a.m

(1 = drained, 10 = fully alert)

2. Cravings Check

Did you reach for snacks or coffee before lunch? (Yes / No)

3. Focus Check

Did you feel more present & productive than usual? (Yes / No)



Your Turn to Reflect:

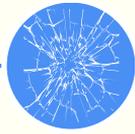
(Cont.)

4. Other Notes

Lighter? Less bloated? More positive?

Keep this reflection as a baseline. Over the next six days, **you'll see how each new habit builds on the last, and how your energy steadily transforms.**

Tomorrow, Clara will take on her next big challenge, **the 3 p.m. slump**, that used to leave her **foggy** and **desperate** for another sugar or caffeine boost.

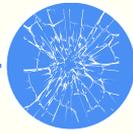


Clara's Afternoon Crash

Clara felt good about her morning.

She had followed her new routine which is **water first, a carotenoid boost, and a protein-rich breakfast**. For the first time in months, she hadn't reached for biscuits or extra kopi before lunch. Her **energy felt steady** through her morning meetings, and she actually finished her reports before noon without feeling rushed.

But by 3 p.m., the **old problem hit**.

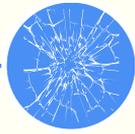


Clara's Afternoon Crash

(Cont.)

Her **eyelids** grew **heavy**. Her **mind** felt **foggy**, as if every task took twice the effort. Even reading emails felt like wading through water. She looked around the office and saw her colleagues grabbing coffee, bubble tea, or snacks and she felt the pull.

Clara reached for her usual fix: a teh peng and a curry puff from the pantry. It gave her a quick lift, but by 5 p.m., her **energy dropped** even harder. Her **stomach** felt **bloated**, her **head** felt **heavy**, and her **mood turned irritable**.



Clara's Afternoon Crash

(Cont.)

She **slogged through the last hour** of work, **dreading** the evening **traffic** and knowing she'd **have no energy left** for her family by the time she got home

She realised something important: even though her **mornings** were now **better**, her **afternoons** were **still a problem**.

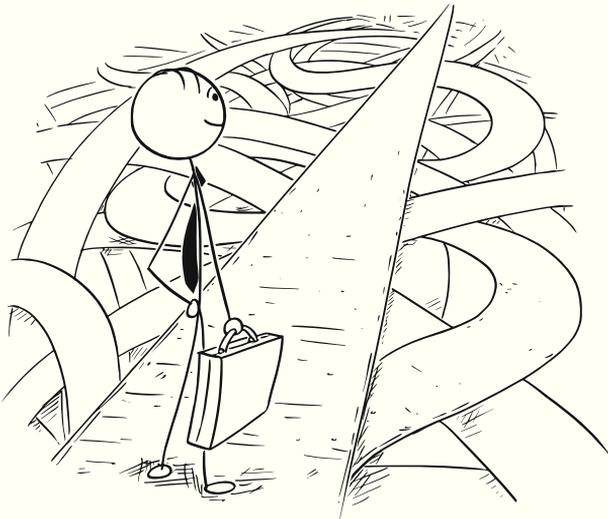
Unless she fixed her 3 p.m. slump, she would keep ending her days drained, frustrated, and feeling like her body was holding her back.



Clara's Afternoon Crash

(Cont.)

Clara **needed a way** to get through her afternoons without relying on sugar and caffeine. **A way to feel clear-headed and steady** all the way until dinner, no matter how busy work got.





Why the 3 p.m. Slump Happens

Clara thought her afternoon fatigue was just part of being busy and overworked. But **the truth is, her body was reacting to how she ate and how she spent her day.** This cycle was something she could break.





Why the 3 p.m. Slump Happens

(Cont.)

Here's what's really happening when that mid-afternoon crash hits:

Lunch Choices Spike and Crash Your Blood Sugar

- Most typical lunches are white rice with fried dishes, noodles, bubble tea, or sweet drinks. They are heavy on refined carbs and sugar.
- These foods give your body a quick surge of energy as your blood sugar rises fast. But soon after, your body releases insulin to bring it down, and that sharp drop is what leaves you feeling sleepy, foggy, and craving another coffee or snack.



Why the 3 p.m. Slump Happens

(Cont.)

Hours of Sitting Slow Down Your Body

- When you sit for long stretches without moving, your blood circulation slows.
- Less oxygen gets to your brain and muscles, which can make you feel physically heavier and mentally sluggish, even if you got enough sleep the night before.

Caffeine and Sugar Make It Worse

- Grabbing a teh peng or chocolate bar feels like it helps, but it only restarts the same cycle: another blood sugar spike, another crash, and more cravings later.



Why the 3 p.m. Slump Happens

(Cont.)

The good news? You **don't need a complete lifestyle overhaul to fix this.** You don't even need to give up the foods you enjoy entirely. By balancing your lunch so your blood sugar stays steady and adding **just three minutes of light movement in the afternoon**, you can:

- **Keep your energy stable** without constant snacks or caffeine.
- **Stay focused and productive** through the end of your workday.
- **Get home with enough energy to enjoy your evening**, instead of collapsing on the sofa.



Why the 3 p.m. Slump Happens

(Cont.)

Clara was about to try both, and for the first time in months, she would **end her day with energy left to spare.**



Clara's Two Afternoon Fixes

Clara realised she **didn't need** to fight through her afternoons with **more caffeine or sugar**. She **just needed two small adjustments**, one at lunch and one during her workday to keep her energy steady all the way until dinner.

STEP 1: Balance Lunch for Steady Energy

Clara's usual lunch is fried noodles with a sweet drink that was giving her a quick energy spike, followed by a hard crash. Instead, she started building her lunch using a **simple balance rule**:



Clara's Two Afternoon Fixes

STEP 1: Balance Lunch for Steady Energy

- **Protein** (1 palm-sized portion):
Something lean, like steamed fish, grilled chicken, or tofu.
- **Vegetables** (2 fist-sized portions): At least two types, for colour, fibre, and antioxidants.
- **Carbs** (1 cupped-hand portion):
Brown rice, mixed rice, or wholemeal noodles instead of just white rice or fried bee hoon.
- **Drink: Plain water or unsweetened tea**, instead of teh peng or soft drinks.



Clara's Two Afternoon Fixes

STEP 1: Balance Lunch for Steady Energy

Local Example – Healthier Cai Fan

(Economic Rice):

- Steamed fish (1 palm)
- Stir-fried spinach and bean sprouts (2 fists)
- Half portion of brown rice (1 cupped hand)
- Plain water or unsweetened green tea
- This one shift kept her blood sugar stable, so her energy didn't spike and crash



STEP 2: A 5-Minute Office Movement Circuit

Clara also stopped letting her body “shut down” from sitting all afternoon. Around 2:45 p.m., she took a quiet break at her desk to get her blood flowing and shake off the stiffness from hours of sitting. **This short routine became her secret to feeling more awake and focused without another coffee or snack.**

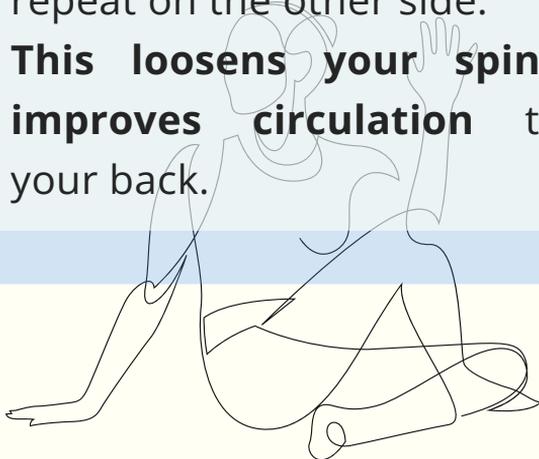
Break!



STEP 2: A 5-Minute Office Movement Circuit

Seated Spinal Twist (1 minute):

- Sit tall in your chair with your feet flat on the floor.
- Place your right hand on the back of your chair, left hand on your thigh, and gently twist your upper body to the right as you inhale.
- Hold for 15 seconds, exhale, then repeat on the other side.
- **This loosens your spine and improves circulation** through your back.





STEP 2: A 5-Minute Office Movement Circuit

Shoulder Rolls (1 minute):

1. Stand or sit tall. Clasp your hands behind your back (or hold a towel if your shoulders are tight).
2. Roll your shoulders down and back, lifting your chest as you breathe deeply.
3. Hold for 30 seconds, release, then repeat once.
4. **This eases tension built up from hunching over your desk.**





STEP 2: A 5-Minute Office Movement Circuit

March on the Spot (2 minutes):

- Sit tall in your chair with your feet flat on the floor.
- Place your right hand on the back of your chair, left hand on your thigh, and gently twist your upper body to the right as you inhale.

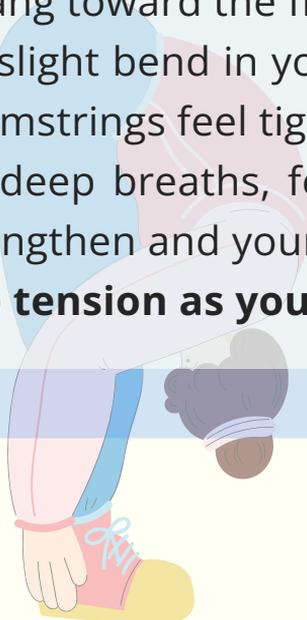




STEP 2: A 5-Minute Office Movement Circuit

Forward Fold Stretch (1 minute):

- Stand with your feet hip-width apart.
- Hinge at your hips and slowly fold forward, letting your arms and head hang toward the floor.
- Keep a slight bend in your knees if your hamstrings feel tight.
- Take 5 deep breaths, feeling your spine lengthen and your shoulders **release tension as you exhale.**





STEP 2: A 5-Minute Office Movement Circuit

(Cont.)

The whole circuit took **less than 5 minutes but left her feeling more awake and clear-headed** with no sugar or coffee needed.

By the end of the day, Clara didn't feel heavy or drained. She drove home with enough energy to cook a quick dinner and was still able to do housework, instead of collapsing on the sofa like before.



Reflection – Clara’s Afternoon Win

By the end of Day 2, **Clara felt something she hadn’t felt in months, steady energy through the afternoon.**

She didn’t need a second kopi or a sugary snack to stay awake. She **didn’t hit that 5 p.m. wall** where everything felt heavy. She even found herself laughing with her family while eating dinner, instead of zoning out on the sofa like she used to.

It wasn’t perfect yet, however her **mornings** were **better**, her **afternoons steadier**, but she still woke up feeling groggy no matter how early she went to bed.



Reflection – Clara’s Afternoon Win

(Cont.)

Clara knew what was next: **fixing** her **sleep quality** so her body could actually recharge at night.

Before we move to Day 3, take a moment to reflect on how your energy felt today. **Tracking** these changes **helps you see how each new habit builds on the last.**





Your Turn to Reflect:

1. Energy Check at 4 p.m.

(1 = drained, 10 = fully alert)

2. Cravings Check

Did you feel the need for coffee, bubble tea, or sugary snacks to get through the afternoon?

(Yes / No)

3. Focus Check

Did you feel more focused and productive between 2 p.m. and 5 p.m. compared to yesterday?

(Yes / No)



Your Turn to Reflect:

(Cont.)

4. Movement Reset

Did the 5-minute desk circuit help you feel more awake?

(Yes / No)

5. Other Notes:

Did you feel lighter, less bloated, or less irritable by the end of your workday?





Your Turn to Reflect:

(Cont.)

Tomorrow, Clara **tackles the next major energy drain, her sleep quality.** Even with steadier mornings and afternoons, her nights were still leaving her tired. **Fixing her rest would change everything.**





Clara's Struggle with Sleep – Sleeping but Still Tired

Clara had fixed her mornings and afternoons. She **no longer crashed mid-morning or relied on teh peng to survive the afternoon.** But even with these wins, there was still **one thing holding her back, her sleep.**

Most nights, Clara was in bed by 11 p.m. and got around seven to eight hours of sleep. On paper, it seemed enough. But every morning, she still **woke up feeling like she hadn't rested at all.**



Clara's Struggle with Sleep – Sleeping but Still Tired

(Cont.)

Her body felt **heavy**, her mind **sluggish**, and **it took a full hour** (and her first kopi) **before she could function properly.**

Her nights followed the same routine:

- **Dinner around 8 p.m.**, usually something heavy like fried rice or noodles.
- **A quick scroll** through Instagram, then **two episodes of a Netflix** drama to “unwind.”



Clara's Struggle with Sleep – Sleeping but Still Tired

(Cont.)

Her nights followed the same routine:

- **More scrolling** in bed until she finally drifted off past midnight, with her phone still in her hand.

Even when she stayed in bed for eight hours, her rest felt light and broken. She would wake up once or twice, toss and turn, and **never feel truly recharged**.



Clara's Struggle with Sleep – Sleeping but Still Tired

(Cont.)

Her doctor told her this **lack of deep, restorative sleep was making it harder for her body to balance her blood pressure and blood sugar.** Unless she fixed her sleep, all her other efforts wouldn't work as well.

Clara didn't need more hours in bed. What **she needed was better-quality sleep** that helps her body truly recover, repair, and restore overnight, **so she could wake up feeling energised instead of drained.**



Why Sleep Quality Matters

Clara assumed her problem was simply that she was not getting enough hours of sleep. But her issue wasn't the clock, it was the quality of her sleep.

When you sleep, your body goes through different stages, including light sleep, deep sleep, and REM (dream) sleep.



Why Sleep Quality Matters

(Cont.)

It's during deep sleep that your body does its most important work:

- **Repairing cells and tissues.**
- **Balancing hormones** like cortisol and insulin, which regulate blood pressure and blood sugar.
- **Supporting brain recovery** so you wake up feeling clear-headed.

The problem is, many people **never get enough of this deep, restorative stage.** Even with seven or eight hours in bed, they **wake up groggy because their body never truly shut down and recovered.**



What blocks deep sleep?

1

Screens and bright light before bed.

The blue light from phones, TVs, and laptops delays melatonin production, the hormone that helps you fall into deep sleep.

2

A warm or stuffy room.

Your body temperature needs to drop slightly to reach deep sleep. A warm room or heavy bedding keeps your rest light and restless.

3

A restless mind.

Work stress, to-do lists, and constant scrolling keep your brain active, making it hard to settle into full rest, even when you're tired.



What blocks deep sleep?

(Cont.)

Without fixing these, your body stays in a shallow sleep cycle, leaving you tired, craving sugar and caffeine, and struggling to manage your weight, blood pressure, and blood sugar.

The good news?

Clara **didn't need to sleep more hours or take sleeping pills**. She just needed a simple bedtime reset to help her body switch into deep, restorative sleep that **she could finally wake up feeling truly recharged**.



Clara's 3-Step Night Reset

Clara **didn't have time** for long bedtime rituals or meditation sessions. She **needed something simple**, a routine that took less than 10 minutes but could help her body slip into deeper, more restorative sleep.

Here's what she tried:





Clara's 3-Step Night Reset

STEP 1:

Dim the Lights and Put the Phone Down (30–60 minutes before bed)

Clara **switched** her **phone to night mode** and set a timer to put it aside by 11 p.m.

Instead of scrolling or watching videos, she **spent a few minutes reading a light book** and doing some **gentle stretching**.

This simple swap **helped her brain produce melatonin, the hormone** that signals her body it's time to rest deeply.





Clara's 3-Step Night Reset

STEP 2: Cool the Room

Clara **set** her **aircon** to around **23-24°C** and switched to lighter bedding.

When the room was cooler, her **body naturally dropped into deep sleep** faster, instead of staying in a restless, light sleep.





Clara's 3-Step Night Reset

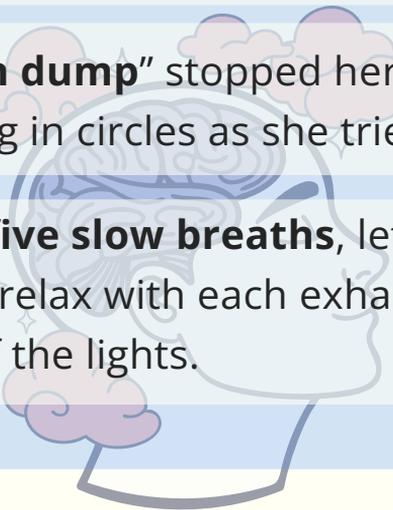
STEP 3: Clear the Mind (2 minutes)

Before getting into bed, Clara wrote down three things:

- Any lingering **to-dos** for tomorrow.
- One thing that was on her mind (like a **worry or thought**).
- One thing she was **grateful** for.

This “**brain dump**” stopped her thoughts from racing in circles as she tried to sleep.

She **took five slow breaths**, letting her shoulders relax with each exhale, before turning off the lights.





Clara's 3-Step Night Reset

Clara **didn't sleep more hours**, but her sleep felt different. She fell asleep faster, woke up fewer times, and when her alarm rang, her **body felt lighter** as if she had actually **rested for the first time in months**.

Tomorrow, she would face another hidden energy drain, stress. However for now, she had discovered how much of her fatigue could be solved **just by teaching her body how to rest properly again**.



Reflection – Clara’s Restful Night

Clara woke up the next morning and felt something she hadn’t felt in weeks, lightness.

For the first time in months, she didn’t need to drag herself out of bed. Her body **felt more refreshed**, her **head was clearer**, and she noticed that her usual urge for a strong kopi right after waking wasn’t as intense. **She still enjoyed her morning drink, but it felt like a choice, not a lifeline.**





Reflection – Clara's Restful Night

Even her mood felt different. Instead of rushing through her morning in a fog, she **had the patience to chat with her parents** while getting ready and **felt calmer heading to work**. She realised that it wasn't just about how long she slept but **it was about helping her body get the deep, restorative rest it needed**.





Your Turn to Reflect:

1. Morning Energy Level

On a scale of 1 to 10, how refreshed did you feel when you woke up?

(1 = drained, 10 = energised)

On the same scale, how stressed did you feel immediately after?

2. Falling Asleep

Did you fall asleep more easily compared to your usual nights? (Yes / No)



Your Turn to Reflect:

3. Sleep Quality

Did you wake up fewer times during the night?

(Yes / No)

4. Morning Mood and Cravings

Did you feel calmer and less rushed during your morning routine? (Yes / No)

Did you feel less dependent on coffee or sugar to get moving? (Yes / No)



Your Turn to Reflect:

5. Other Notes:

- Did your body feel lighter or more relaxed when you woke up?





Clara's Stress That Drains Energy

Clara's mornings were **steady**, her afternoons **no longer crashed**, and her nights finally **felt restful**. But even with all this progress, something was still holding her back, the **constant stress that followed her everywhere**.

Clara's job kept her on her toes. Her inbox was always full, deadlines kept shifting, and **her boss expected her to be available even after office hours**. At home, there was no true break, either chatting with the parents, chores, and the quiet pressure of making sure her family was doing well.



Clara's Stress That Drains Energy

(Cont.)

Even on weekends, Clara found it hard to switch off. Her **body felt tense**, her **shoulders tight**, and her **thoughts kept racing** through everything she hadn't done yet. Some nights, she **woke up at 3 a.m.** with her **heart pounding**, replaying work emails in her mind.

Her doctor had told her during her last check-up that her **blood pressure was slightly elevated** and advised her to **"find ways to relax."** But Clara had no time for hour-long yoga classes or spa sessions. She felt like stress was just part of life, something she had to push through.



Clara's Stress That Drains Energy

(Cont.)

What Clara didn't realise was that **stress itself was draining her energy and harming her health as much as her old eating or sleep habits.** When stress builds up and your body stays in "fight or flight" mode for too long, it:

- **Raises your blood pressure** and heart rate.
- **Increases your blood sugar** as your body tries to create quick energy.
- **Keeps your muscles tight and your mind restless**, which leaves you feeling exhausted even when you've done nothing physically demanding.



Clara's Stress That Drains Energy

(Cont.)

To break this cycle, Clara didn't need to clear her schedule or take hours out of her day. She needed a fast way to tell her body it was safe to relax with a simple reset she could use anytime, even at her desk, to calm her system and regain steady energy.



Why Stress Control Works

Clara had always assumed stress was just “mental.” She thought if she could tough it out, her body would eventually catch up. But the truth is, **stress isn’t just in your head, it lives in your body too.**

When you feel stressed, your body switches into “fight or flight” mode. Even if the stress is just from a tense email or a traffic jam, your body reacts as if it’s facing a real physical threat. **This triggers the release of stress hormones** like adrenaline and cortisol, which:



Why Stress Control Works

(Cont.)



Raise your heart rate and blood pressure

Making your heart and blood vessels work harder.



Increase your blood sugar

Giving your body quick energy to “escape,” even if you’re just sitting at a desk.



Tighten your muscles and nerves

Leaving your shoulders, chest, and back feeling stiff and heavy.



Why Stress Control Works

(Cont.)

When this stress response happens occasionally, it's not a big problem. But when it happens every day, your body never truly shuts off. Over time, this constant tension:

1 Leaves you **feeling drained**, no matter how much you sleep.

2 **Increases cravings for sugar and carbs** as your body looks for quick fuel.

3 Worsens the **"3 Highs" (blood pressure, cholesterol, and blood sugar)** because your system is always on high alert.



Why Stress Control Works

(Cont.)

The solution isn't to remove all stress as for many people, **that's impossible.** The key is to **teach your body to switch off "fight or flight" mode quickly**, so it can return to **"rest and digest" mode.**

You **don't need** hours of meditation to do this. Even just **two minutes of focused breathing** can:

- Lower your heart rate and blood pressure.
- Calm your nervous system so your muscles relax.
- Improve oxygen flow to your brain, helping you feel clear and steady again.



Why Stress Control Works

(Cont.)

Clara was about to learn a simple, **two-minute breathing reset** she could use anytime at her desk, in the car, even in the toilet at work **to stop stress from stealing her energy** and putting extra strain on her health.



Clara's 2-Minute Breathing Reset

Clara didn't have the time or energy for hour-long yoga sessions or guided meditations. She needed something quick, simple, and effective. A reset she could do at her desk between meetings, in her car before heading home, or even in the office toilet when stress spiked.

Her coach taught her the **4-2-6 Breathing Reset**, a two-minute practice designed to **calm the nervous** system, **lower stress** hormones, and **bring back a sense of balance**.

Here's how Clara did it:



Clara's 2-Minute Breathing Reset

STEP 1:

Find a Comfortable Position

Sit down with your feet flat on the ground and your back straight (or stand if you prefer).

Place your hands on your lap or gently over your belly.

Close your eyes if you're comfortable, or soften your gaze.



Clara's 2-Minute Breathing Reset

(Cont.)

STEP 2: Follow the 4-2-6 Breathing Pattern

Inhale slowly through your nose for a count of 4.

Hold your breath gently for a count of 2.

Exhale through your mouth for a count of 6, letting your shoulders drop and your jaw relax as you breathe out.

Repeat this pattern for 5 full breaths
(about two minutes).



Clara's 2-Minute Breathing Reset

(Cont.)

STEP 3: Release the Tension

As you exhale, imagine letting go of the tightness in your shoulders, jaw, and chest.

If thoughts pop up (like your to-do list or work stress), **just notice them and gently bring your focus back** to your breath.

(Optional) STEP 4: Ask a Calming Question

At the end of the last breath, Clara asked herself quietly:

"What's one thing I can let go of right now?"



(Optional) STEP 4: Ask a Calming Question

(Cont.)

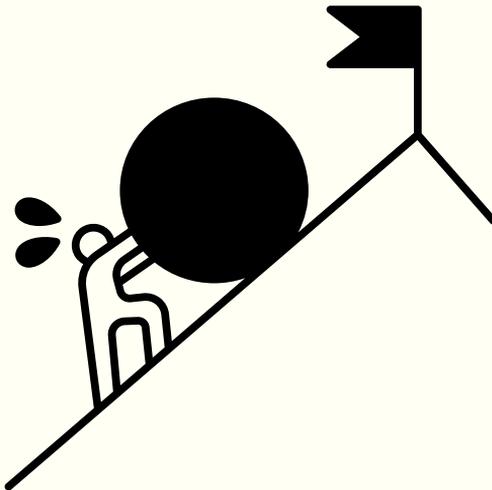
It could be **a worry, a thought, or simply the tension in her body**. Within two minutes, Clara felt her **shoulders loosen**, her **mind clear**, and her **heartbeat slow**. She noticed she **could think more calmly** and **make decisions without the same knot of tension in her chest**.

She started using this breathing reset twice a day, once in the late morning and once before leaving work. Each time, she felt more balanced, with less need to “self-medicate” with sugar, snacks, or coffee to cope with stress.



(Optional) STEP 4: Ask a Calming Question *(Cont.)*

Tomorrow, Clara would address another challenge, her eating habits. **Stress was now under control**, but her meals were still causing bloating, cravings, and energy swings. **Day 5 would teach her how to fuel her body properly without going on a restrictive diet.**





Reflection – Clara’s Stress Reset Win

By the end of Day 4, Clara felt a different kind of shift. Her mornings and afternoons were already steadier, and her sleep felt more restorative, but now she realised just how much stress had been draining her energy without her even noticing.

After using the 2-Minute Breathing Reset twice during the day, once in the late morning after a tense call and once before driving home, **she felt calmer, lighter, and more in control.** Her shoulders weren’t as tight, her jaw wasn’t clenched, and she didn’t feel the same urge to reach for a sugary drink “just to take the edge off.



Reflection – Clara’s Stress Reset Win

(Cont.)

She also noticed she **handled a difficult conversation** with a colleague **more smoothly**, because she didn’t feel as wound up. Clara realised that **managing stress wasn’t about removing it completely**; it was about teaching her body to **switch off the “fight or flight” mode** when it wasn’t needed.





Your Turn to Reflect:

1. Stress Levels

On a scale of 1 to 10, how stressed did you feel before doing the 2-minute breathing reset?

(1 = completely calm, 10 = extremely stressed)

2. Body Tension

Did you notice a release in your shoulders, jaw, or chest after the breathing?

(Circle one) Yes / No

3. Mental Clarity

Did you feel clearer, calmer, or more focused after the reset?

(Circle one) Yes / No



Your Turn to Reflect:

4. Cravings and Habits

Did you feel less urge to grab a snack, sugary drink, or coffee after doing the reset?

(Circle one) Yes / No

5. Other Notes:

Write down any changes you felt, either big or small. Over the next few days, you can look back and see how quickly your body starts responding when you give it time to reset.



Your Turn to Reflect:

Tomorrow, Clara would tackle her **next challenge, her meals**. Even with steadier energy and less stress, her **eating habits were still leaving her bloated, craving sugar, and feeling heavy**. Day 5 would show her how to fuel her body without strict diets or giving up her favourite foods.

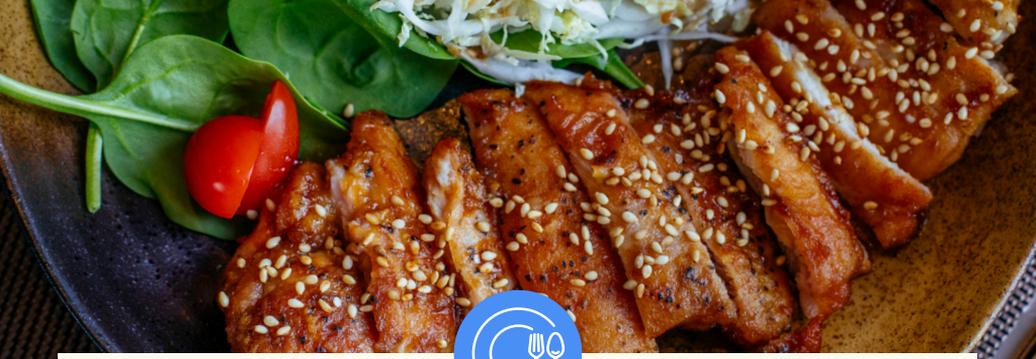
**LET'S
GO!**



Clara's Food Struggles - Fuel That Lasts

Clara had already noticed **huge improvements** over the last few days.

Her **mornings were steady**, her **afternoons no longer crashed**, her **nights felt more restorative**, and stress didn't weigh her down as much. But there was **one thing she couldn't ignore**, her **meals were still holding her back**.



Clara's Food Struggles

- Fuel That Lasts

(Cont.)

Because of her busy schedule, **Clara often ate whatever was quickest and most convenient.**

- Breakfast used to be just kopi and kaya toast, or nothing at all.
- Lunch was usually fried noodles, chicken rice, or whatever cai fan dishes caught her eye, often with a sweet drink.



Clara's Food Struggles

- Fuel That Lasts

(Cont.)

Because of her busy schedule, **Clara often ate whatever was quickest and most convenient.**

- Snacks came in the form of biscuits, crackers, or bubble tea between meetings.
- Dinner was usually late and heavy, often fried rice, pasta, or takeaway.



Clara's Food Struggles - Fuel That Lasts

(Cont.)

By evening, Clara often **felt bloated** and **sluggish**, even if she hadn't eaten that much. Her energy swung up and down throughout the day, and **her cravings** for sugar or snacks **never fully disappeared**. At her last health screening, her cholesterol was edging higher, and her doctor had warned her to "watch her diet."



Clara's Food Struggles

- Fuel That Lasts

(Cont.)

Clara didn't want to go on a restrictive diet. The thought of cutting out all carbs, tracking calories, or giving up her favourite foods felt unrealistic with her workload and family life. **She had seen too many friends try extreme diets, only to gain the weight back (and feel more tired) once they stopped.**

What she needed **wasn't a diet.**



Clara's Food Struggles – Fuel That Lasts

(Cont.)

She needed to fuel her body in a way that kept her **energy stable, reduced bloating,** and **supported her health without making her meals boring** or difficult to prepare.

On Day 5, Clara would learn how to make simple, sustainable changes to her meals so **they worked for her, not against her.** Starting with something as easy as adding colour, balance, and a few smart swaps.



Why Balance and Colour Matter

Clara's meals weren't unusual, in fact, they looked like what most busy people in Singapore eat. Fried noodles, white rice, quick snacks, and sweet drinks are convenient and satisfying in the moment, but **they come with a cost: energy swings, bloating, and long-term strain on her health.**





Why Balance and Colour Matter

(Cont.)

Here's why her typical way of eating was leaving her tired and heavy:

Refined carbs create energy spikes and crashes.

- Foods like white rice, fried noodles, and sugary drinks **digest quickly, sending Clara's blood sugar soaring.**
- **Her body releases insulin** to bring it down, and that sharp drop leaves her craving more sugar or caffeine to stay awake.



Why Balance and Colour Matter

(Cont.)

Here's why her typical way of eating was leaving her tired and heavy:

Lack of colour means missing key nutrients.

- Most of Clara's meals were **rice, noodles, and fried items** with little to no fruits or vegetables.
- **Colorful produce is rich in antioxidants and carotenoids**, which protect her cells, reduce inflammation, and help her body manage stress.



Why Balance and Colour Matter

(Cont.)

Not enough protein to stay full.

- Clara often chose **carb-heavy dishes** with **little lean protein**, so her meals **didn't keep her satisfied** for long.
- Without protein, her **energy dipped faster**, and her cravings returned quickly.

Hidden fats and oils add heaviness.

- Fried dishes and creamy sauces gave her meals extra calories and fat without much nutrition, **leaving her feeling sluggish**.



Why Balance and Colour Matter

(Cont.)

When Clara started adding balance and color to her meals without cutting out her favorite foods, she noticed:

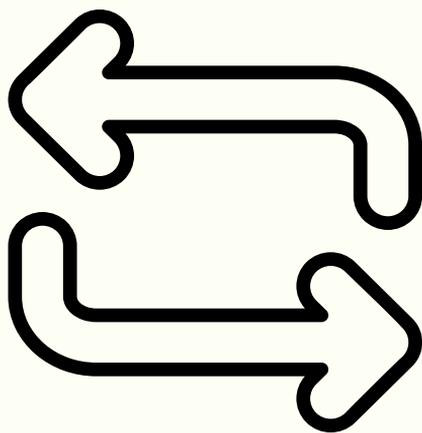
- Her **energy stayed steady** for longer.
- She **felt less bloated** and heavy after meals.
- Her **cravings** for sugar and snacks **dropped naturally**.
- Her doctor even told her, at her next check-up, that **her cholesterol had started moving back into a healthier range**.



Why Balance and Colour Matter

(Cont.)

The best part? She didn't need a complicated meal plan or calorie counting. Just a few simple swaps and additions made her meals fuel her body instead of fighting against it.





Clara's Simple Food Swaps

Clara didn't need a strict diet or complicated recipes to start feeling better. She just made three small changes to how she built her meals which are changes she could do at any hawker centre, food court, or even with takeaway.

STEP 1: Add Color to Every Meal

Clara made sure at least one-third of her plate came from colorful vegetables or fruits.

At lunch, she added two vegetable dishes (like spinach and carrots) to her cai fan plate.





Clara's Simple Food Swaps

STEP 1: Add Color to Every Meal

At breakfast, she paired her protein with papaya or berries.

The colours weren't just for looks and they were a sign of antioxidants and carotenoids that help her cells recover and keep her energy steady.





Clara's Simple Food Swaps

STEP 2: Include Lean Protein Each Time

Instead of choosing mainly carb-heavy meals (like just noodles or rice), Clara **added a palm-sized portion of lean protein** each time she ate.

Examples:

steamed fish, grilled chicken, tofu, or eggs.

Protein slowed down how quickly her food turned into sugar, which kept her blood sugar stable and **reduced her afternoon cravings.**



Clara's Simple Food Swaps

STEP 3: Switch to Slow-Digesting Carbs

Clara didn't cut carbs, she just **swapped some of her white rice and fried noodles for brown rice**, mixed rice, or wholemeal noodles.

On some days, she asked for half the usual rice and **added a fist-sized portion of sweet potato or extra vegetables** instead.

These swaps gave her a **steady release of energy without the spikes and crashes.**



Clara's Everyday Example (Healthier Cai Fan):

Instead of her old lunch (fried chicken rice with teh peng), Clara now ordered:

- Steamed fish (1 palm)
- Stir-fried spinach and bean sprouts (2 fists)
- Half portion of brown rice (1 cupped hand)
- Plain water or unsweetened green tea

This one change left her **feeling lighter, more energized, and satisfied for hours without feeling like she was “dieting”**.



Clara's Everyday Example (Healthier Cai Fan):

(Cont.)

By making these swaps, Clara didn't just control her cravings and energy dips. **She also started supporting her long-term health by naturally reducing the strain on her heart, blood sugar, and cholesterol levels.**



Reflection – Clara’s Balanced Fuel

(Cont.)

By the end of Day 5, Clara felt a big difference in her body.

Her meals weren’t complicated or restrictive, but they gave her a steady energy she hadn’t felt in months. **She no longer felt heavy and bloated after lunch or dinner**, her cravings for bubble tea and snacks had dropped, and she noticed **her energy held up** through the afternoon **without extra coffee**.





Reflection – Clara's Balanced Fuel

(Cont.)

These weren't big sacrifices. Clara still ate her favourite cai fan and kopi, but by adding colour, choosing lean protein, and swapping in slow-digesting carbs, **her meals started working for her instead of against her.**



Your Turn to Reflect:

1. Energy After Meals

On a scale of 1 to 10, how steady did your energy feel two hours after lunch today?

(1 = drained, 10 = energised)

2. Cravings Check

Did you feel less need for bubble tea, coffee, or snacks between meals?

(Yes / No)

3. Bloating and Digestion

Did you feel less bloated or heavy compared to your usual meals?

(Yes / No)



Your Turn to Reflect:

4. Meal Satisfaction

Did you feel satisfied and full for longer without overeating?

(Yes / No)

5. Other Notes:

Write down any changes you noticed with, such as your mood, energy, or how your clothes felt today.



Your Turn to Reflect:

Tomorrow, Clara would tackle **her next challenge, movement.**

Even with better mornings, steadier energy, and improved meals, **she still felt stiff and low on energy** by evening because she spent almost her entire day sitting. **Day 6 would teach her how to feel lighter and more energized** with just a few minutes of **simple movement** that required **no gym, no special equipment, and no long workouts**

Let's
GO!



Clara's Stiffness – Finding Energy Through Movement

Clara had already made **huge progress** over the past five days.

Her **mornings felt clearer**, her **afternoons were steady**, her **nights were restorative**, her **stress no longer felt overwhelming**, and her **meals gave her lasting fuel**. But there was still one thing that made her evenings tough, **her body felt stiff and heavy by the end of every day**.



Clara's Stiffness - Finding Energy Through Movement

(Cont.)

Like most office workers, Clara **spent almost her entire day sitting**. She sat during her morning commute, at her desk for hours, during meetings, and again on the way home. By the time **she got back, her back and shoulders ached, her legs felt heavy, and her energy dipped**, even if her mind still felt awake.



Clara's Stiffness - Finding Energy Through Movement

(Cont.)

On days when work ran late, **she would collapse onto the sofa**, skip any form of activity, and **wake up the next morning even stiffer**. Her body felt older than 36, and she worried that if this continued, **she would eventually start feeling aches all the time, not just after work**.

Clara **assumed the only way to fix** this was to **start working out at the gym**, which felt **impossible** with her schedule.



Clara's Stiffness - Finding Energy Through Movement

(Cont.)

But her coach explained that she didn't need a full workout to start feeling better. **Her body just needed short, simple movements throughout the day** to wake up her muscles, boost her circulation, and bring back her energy. On Day 6, Clara would learn how a few minutes of **easy movement could help her feel lighter, reduce her stiffness, and even support her heart and metabolism** without adding another "big task" to her already full plate.



Why Small Movements Matter

Clara thought her stiffness and heaviness were just because she was getting older. But the truth is, most of it came from **how her body reacts to long hours of sitting.**

When you sit for most of the day, your body slows down in ways you might not notice:

- **Your circulation slows.**
 - Blood flow to your legs, back, and brain becomes less efficient.
 - This can leave your legs feeling heavy, your shoulders tense, and your mind sluggish.



Why Small Movements Matter

(Cont.)

- **Your muscles get tight and weak.**
 - Your hip flexors shorten, your back and shoulders round, and your core stays inactive.
 - Over time, this makes your **posture worse** and can lead to **chronic aches and pains**.
- **Your metabolism slows.**
 - Sitting for long stretches **lowers how many calories you burn**, even when you're not eating more.
 - It can also make it **harder for your body to manage blood sugar and cholesterol**, which can worsen the **"3 Highs"**.



Why Small Movements Matter

(Cont.)

The good news is, you don't need an hour-long workout to fix this. Even short bursts of light movement in just a few minutes at a time, can:

- Wake up your muscles and joints, easing stiffness.
- Boost circulation so more oxygen reaches your brain, making you feel sharper and more energised.
- Support your heart and metabolism, helping your body better regulate blood pressure, sugar, and cholesterol levels.



Why Small Movements Matter

(Cont.)

For busy people like Clara, these **“movement snacks”** can be just **as powerful as a workout** when it comes to feeling **lighter, stronger, and more awake** without needing a gym or a major time commitment.

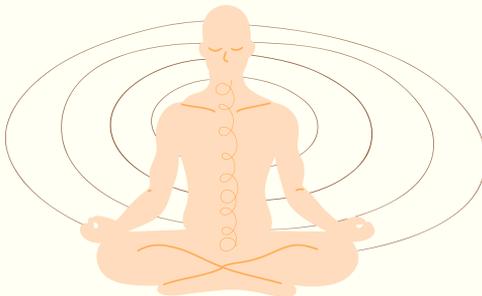




Clara's 15-Minute Energy Flow

Clara **didn't need a full gym workout** to feel better. Her coach helped her transform her **simple movement breaks into a 15-minute energy flow** she could do at home, either before work to wake up her body or after work to release tension and recharge.

This routine blended **light cardio, mobility, and stretching** so her body **felt lighter, her mind clearer, and her energy lasted through the evening.**





Clara's 15-Minute Energy Flow

Here's what Clara did:

STEP 1: March in Place (2 minutes)

Stand tall, gently lift your knees, and swing your arms naturally.

Breathe deeply as you move to warm up your circulation and shake off sluggishness.





Clara's 15-Minute Energy Flow

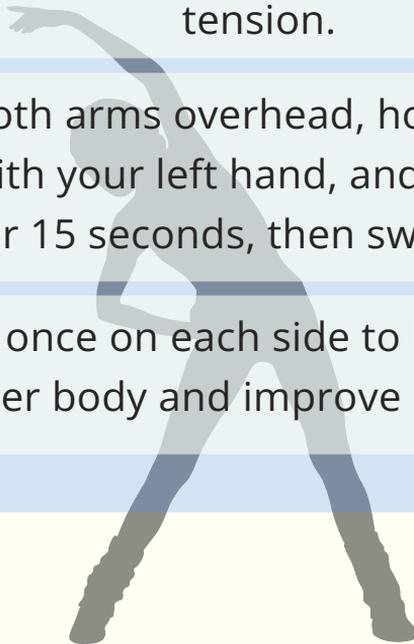
Here's what Clara did:

STEP 2: Shoulder Rolls & Side Stretch (2 minutes)

Roll your shoulders forward 10 times, then backward 10 times to release built-up tension.

Reach both arms overhead, hold your right wrist with your left hand, and lean to the left for 15 seconds, then switch sides.

Repeat once on each side to loosen your upper body and improve posture.





Clara's 15-Minute Energy Flow

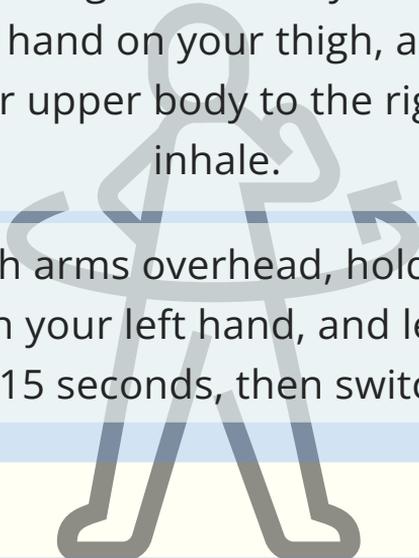
Here's what Clara did:

STEP 3: Seated or Standing Spinal Twist (2 minutes)

Sit tall with your feet flat (or stand with feet hip-width apart).

Place your right hand on your chair (or hip), left hand on your thigh, and gently twist your upper body to the right as you inhale.

Reach both arms overhead, hold your right wrist with your left hand, and lean to the left for 15 seconds, then switch sides.





Clara's 15-Minute Energy Flow

Here's what Clara did:

STEP 3: Seated or Standing Spinal Twist (2 minutes)

Hold for 15 seconds, exhale, then repeat on the other side.

Do two rounds per side to wake up your spine and improve circulation.





Clara's 15-Minute Energy Flow

Here's what Clara did:

STEP 4: Shoulder Opener with Chest Lift (1.5 minutes)

Clasp your hands behind your back (or hold a towel if your shoulders are tight).

Roll your shoulders back, gently open your chest, and breathe deeply.

Hold for 30 seconds, release, then repeat twice to counter desk posture.





Clara's 15-Minute Energy Flow

Here's what Clara did:

STEP 5: Hip Opener Stretch (1.5 minutes)

Stand with your feet hip-width apart.

Step your right foot back slightly, bend your left knee, and lean forward gently to stretch your right hip flexor.

Hold for 30 seconds on each side, repeat once.





Clara's 15-Minute Energy Flow

Here's what Clara did:

STEP 6: Mini Squats (3 minutes)

Stand with feet shoulder-width apart.

Lower your hips into a comfortable squat (no need to go deep), keeping your chest upright.

Do 3 sets of 10 slow reps, resting 15 seconds between sets to strengthen and wake up your legs.





Clara's 15-Minute Energy Flow

Here's what Clara did:

STEP 7: Forward Fold Cooldown (1 minute)

Stand with feet hip-width apart.

Hinge at your hips and fold forward slowly, letting your arms and head hang.

Keep a slight bend in your knees if your hamstrings feel tight.

Take 5 deep breaths, feeling your spine lengthen and your shoulders release tension.



Clara's 15-Minute Energy Flow

By the end of the 15 minutes, **Clara felt more awake, her body looser, and her legs lighter.**

She began **doing this 3-4 times per week** (in the morning to start fresh or (in the evening to unwind). Within weeks, **her stiffness eased, her mood improved, and she felt energized** without needing extra coffee or snacks.





Reflection – Clara Feels Light Again

By the end of Day 6, Clara noticed a change she didn't expect **her body felt lighter and more relaxed**, even on days when **she barely left her desk**.

Her **back didn't ache** as much when she got home, her **shoulders weren't as tense**, and **her legs no longer felt like lead when she walked through the door**. Even her **mood was brighter; instead of collapsing** on the sofa with her phone, she **felt energised** enough to enjoy dinner and actually unwind before bed.



Reflection – Clara Feels Light Again

(Cont.)

She realized something important:

She **didn't need a gym membership or a 45-minute intense workout to feel good in her body** again. She just **needed to move consistently** in small, realistic ways and give her circulation and muscles some attention each day.

*Be
Consistent*



Your Turn to Reflect:

1. Evening Energy Check

On a scale of 1 to 10, how energised did your body feel by the end of the day?
(1 = stiff and drained, 10 = light and energised)

2. Stiffness Check

Did your shoulders, back, or legs feel less tight compared to a normal day?
(Yes / No)

3. Mood Check

Did you feel more positive and less irritable by evening?
(Yes / No)



Your Turn to Reflect:

4. 15-Minute Energy Flow

Did this routine help you feel lighter, more awake, and more comfortable?
(Yes / No)

5. Other Notes:

Write down how your body felt after completing the session and whether you noticed any changes in your evening mood or energy.



Your Turn to Reflect:

Tomorrow, Clara would take on her **final challenge locking in all six new habits so they don't fade** once this reset ends. Day 7 would **help her build a simple, realistic plan** to keep her energy and health improving for the long term.

**LET'S
GO**



Clara's Turning Point – Keeping the Momentum

By the end of six days, Clara **almost couldn't believe the difference in her body and mind.**

Her mornings **no longer started in a fog.** She **felt steady** through her workdays without relying on endless cups of kopi or sugary snacks. She was **finally sleeping deeply and waking up refreshed.** Her shoulders and **back felt looser**, and her **mood was calmer**, even when work was stressful.



Clara's Turning Point – Keeping the Momentum

(Cont.)

But Clara knew herself. She had seen **how easily good habits can fade** when life gets busy.

A few late nights, a big work deadline, or a week of family events and **all the progress could slip away**. She **didn't want to feel like she was starting over again** every time her routine was disrupted.





Clara's Turning Point – Keeping the Momentum

(Cont.)

On Day 7, Clara's focus **wasn't on adding another new habit**. Instead, it was about tying everything together into a realistic rhythm she could keep for good. This meant:

- Deciding **which habits gave** her the **biggest boost**.
- Making those habits **easy to repeat**, even on her busiest days.
- Creating a **“fallback plan”** for weeks when life threw her off track, **so she could reset without guilt**.



Clara's Turning Point – Keeping the Momentum

(Cont.)

Clara didn't want to just feel better for a week. She wanted these shifts to become part of how she lived, so her **energy, confidence, and health** would keep improving month after month.





Why Consistency Beats Perfection

Clara **used to think** that to feel and stay healthy, **she had to follow a perfect routine** with clean meals, daily workouts, early nights, and zero stress. But she knew from experience that **life doesn't work that way.**

There will always be **late nights, last-minute deadlines, and weekends** when she enjoys her favourite foods. If she tried to stick to a “**perfect**” plan, she'd **burn out** or **give up the moment something got in the way.**

What Clara realised during this reset is that progress comes **from consistency, not perfection.**



Why Consistency Beats Perfection

(Cont.)

Here's why:

- **Your body responds to patterns, not one-offs.**
 - One late night or a heavy meal won't undo your progress.
 - But getting back to your simple habits the next day keeps your energy and health on track.
- **Small wins add up faster than big, temporary efforts.**
 - Drinking water first thing every morning.
 - Balancing lunch so you avoid the 3 p.m. slump.
 - Taking five minutes for movement or a breathing reset.



Why Consistency Beats Perfection

(Cont.)

- These simple actions, done most days, give your body more benefit than a few intense workouts or crash diets.
- **A flexible plan keeps you moving forward.**
 - On busy weeks, Clara didn't need to do everything.
 - She just made sure she hit her "non-negotiables" which are the two or three habits that gave her the biggest boost.

ACTION!

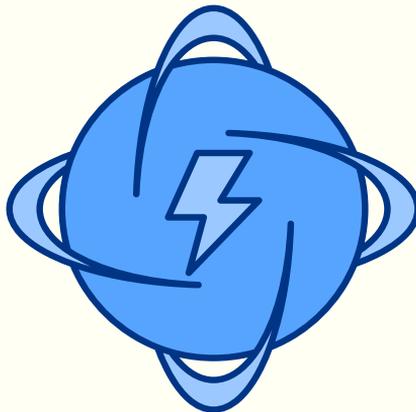


Why Consistency Beats Perfection

(Cont.)

Clara learned that feeling good and avoiding the **“3 Highs”** wasn't about being perfect. It was about **knowing which small actions made her feel her best, and repeating those most of the time.**

On Day 7, she would **build her personal “Energy Blueprint”**, the plan she could stick to long after this reset ended.





Clara's Personal Energy Blueprint

Clara **didn't want her results to vanish** once this reset ended.

She felt **lighter, clearer, and more confident**, but she knew the real test would be the weeks ahead. When work piled up, her schedule got messy, or family events disrupted her routine.

To make sure her progress stuck, Clara **built a simple Energy Blueprint**: a plan that **focused** on just a **few key habits** each day, so even during her busiest weeks, she **could keep her energy and health steady** without adding stress.



Clara's Personal Energy Blueprint

STEP 1: Choose Your "Non- Negotiables"

Clara picked 3 habits from the 7-day reset that made the biggest difference for her:

Hydrate first thing in the morning (with a carotenoid boost).

Balanced lunch (protein, 2 vegetables, slow carbs).

2-minute breathing reset when stress builds.

**Good
Habits**



Clara's Personal Energy Blueprint

STEP 1: Choose Your “Non- Negotiables”

Even if she skipped a movement snack or had a late dinner, sticking to these three kept her energy and focus steady.

**YOUR
PICK**



Clara's Personal Energy Blueprint

STEP 2: Make It Visual

Clara printed a simple weekly tracker and stuck it near her desk.

Each day, she ticked off her non-negotiables.

This small action kept her accountable without feeling like she was “on a diet” or in a strict program.

habit
tracker



Clara's Personal Energy Blueprint

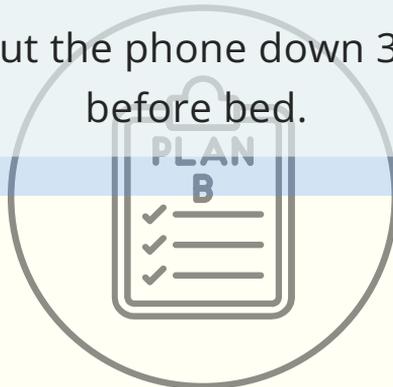
STEP 3: Build a "Fallback Plan"

On weeks when life felt crazy with late-night projects or family events, Clara used a simple fallback routine:

Morning: Drink water and eat a piece of fruit.

Afternoon: Do a 5-minute desk stretch.

Evening: Put the phone down 30 minutes before bed.





Clara's Personal Energy Blueprint

Even this minimal version kept her body from sliding back into old patterns.

Clara **didn't need to be perfect**. She just needed to **keep her blueprint simple**, so she could repeat it over and over, **even when life got busy**.

With her **Energy Blueprint** in place, Clara felt confident that she could protect her energy, avoid the **3 Highs**, and feel her best in not just for a week, but for good.



Reflection – Build Your Own Blueprint

Now it's **your turn to create your own Energy Blueprint**, a plan you can follow even when life gets hectic, so your **energy, confidence, and health keep improving** long after this 7-day reset.

Take a few minutes to write down your answers. Keep this page **somewhere you can see** it daily on your desk, fridge, or even as a photo on your phone **so you can stay consistent without overthinking**.



Reflection – Build Your Own Blueprint

STEP 1:

Pick Your 3 “Non-Negotiable” Habits

From the past 7 days, which 3 simple habits gave you the biggest boost in energy, mood, or focus?

(Examples: Morning hydration, balanced lunch, 2-minute breathing reset, movement snack, bedtime reset.)



Reflection – Build Your Own Blueprint

STEP 2:

Plan How You'll Track Them How will you keep yourself consistent?

- Will you tick off a daily tracker?
- Set reminders on your phone?
- Pair these habits with something you already do (like drinking water right after brushing your teeth)?

YOUR PLAN:



Reflection – Build Your Own Blueprint

STEP 3:

Create a “Fallback Plan” for Busy Weeks

When work or life gets messy, which 3 mini-habits will you stick to no matter what? (These should be your easiest habits which are things you can do in 1–3 minutes.)



Reflection - Build Your Own Blueprint

By writing this down, you'll always have a simple, realistic plan to keep your energy steady and your health improving without needing perfection or complicated programs.

A large black-outlined rounded rectangle containing a checklist. On the left side, there are five circular checkboxes. The top two are filled with a checkmark, while the bottom three are empty. To the right of each checkbox is a horizontal line representing a text input field.



Clara's Final Wrap-Up – Her New Life

By the end of the 7-Day Energy Reset, Clara **felt like a different person.**

Her **mornings were clear and calm.** Her **afternoons no longer dragged her down.** She was **sleeping deeply and waking refreshed.** **Stress no longer had the same grip on her body,** her **meals kept her fuelled** instead of heavy, and **her stiffness was easing** because she finally gave her body the movement it needed.

Most importantly, Clara felt in control. Not because she followed a strict diet or became a gym regular, but because she now had simple, realistic habits she could keep doing no matter how busy life got.



Clara's Final Wrap-Up – Her New Life

(Cont.)

In her own words: *"**For the first time in years**, I don't feel like my body is fighting me. I **have energy** when I wake up, I **can focus at work** without depending on snacks or coffee, and I still have something left for my family at night. It **doesn't feel like I'm forcing myself to 'be healthy.'** It feels like I finally know how to live in a way that keeps me strong and steady."*

Clara also noticed something **surprising** in her next health screening showed improvements. Her **blood pressure and cholesterol were trending back toward** the healthy range.



Clara's Final Wrap-Up – Her New Life

(Cont.)

She wasn't just feeling better; she was **actively moving away from** the risks of the **3 Highs** that had been creeping up on her.

She knew there would still be busy weeks, late nights, and the occasional indulgence, but she also knew **she didn't need to be perfect**. As long as she kept her **Energy Blueprint** with her **three core habits** and **simple fallback plan**, she could keep her body steady, her mind clear, and her health on track for the long term.

Clara had started this reset **hoping just to stop feeling so drained**.



Clara's Final Wrap-Up - Her New Life

(Cont.)

Now, **she had something better**, a foundation for a **healthier**, more **energized** life that would carry her through her 30s, 40s, and beyond.



Your Next Steps – Keep Your Energy Rising

You've reached **the end of the 7-Day Energy Reset** and like Clara, **you've seen how small, simple changes** can make a **big difference** to your energy, mood, and overall health.

But this is just the beginning. To keep your energy rising and your body protected from the **"3 Highs"**, here's **how to turn this week into a long-term shift** that fits your busy life:



Your Next Steps – Keep Your Energy Rising

STEP 1: Stick to Your 3 Non- Negotiables

Look at the three habits you wrote on your Energy Blueprint.

Commit to doing them at least 5 days a week, even on your busiest weeks.

These core habits will carry 80% of your results.



Your Next Steps – Keep Your Energy Rising

STEP 2: Use Your Fallback Plan When Life Gets Messy

When work deadlines, family events, or travel disrupt your schedule, don't give up.

Go back to your three mini-habits (your fallback plan).

Even if all you do is drink water in the morning, stretch for 5 minutes in the afternoon, and put your phone down 30 minutes before bed, your energy will stay steady, and you won't lose your progress.



Your Next Steps – Keep Your Energy Rising

STEP 3: Revisit Your Reflection Pages Weekly

Flip back to your daily reflection pages.

Notice how your energy, cravings, stress, and sleep have shifted since Day 1.

Use these notes to spot which habits make the biggest difference and which you can adjust to suit your lifestyle.



Your Next Steps – Keep Your Energy Rising

STEP 4: Keep it Simple

You don't need to add more rules, diets, or long workouts unless you want to.

Your goal now is to repeat the habits that make you feel your best, most of the time, without pressure to be perfect.

By **keeping things simple and consistent**, you'll not only **feel energized** every day, but you'll also **protect your body** against the risks of **high blood pressure, cholesterol, and blood sugar** in helping you stay strong, confident, and in control well into your 40s and beyond.



Clara's Closing Message - Now It's Your Turn

When Clara began this reset, she felt like her **body was working against her**. She **woke up tired** no matter how long she slept. Her days were fuelled by kopi, biscuits, and teh peng, and by evening, she **felt heavy, bloated, and drained**. Her last health screening showed her **blood pressure and cholesterol edging higher**, and her doctor warned her that unless she changed something soon, she would be on the road to the **"3 Highs"** which are **high blood pressure, high cholesterol, and high blood sugar**.



Clara's Closing Message

- Now It's Your Turn

(Cont.)

She thought fixing it would mean overhauling her entire life by **cutting carbs, spending hours in the gym, and saying goodbye to her favourite foods.** But over these seven days, Clara discovered something completely different:

"I didn't need to **do everything at once.** I just needed to **start small with the habits** that gave me the **biggest lift.** Once I **felt better,** it got easier to **stay consistent.** Now, these habits don't feel like a diet or a chore. They just feel like how I live."



Clara's Closing Message

- Now It's Your Turn

(Cont.)

Clara's key lessons and yours, too are simple:

- Energy comes from **small, consistent habits, not drastic programs.**
- **Consistency beats perfection.** Missing a day isn't failure; it's just a cue to start again tomorrow.
- These **habits protect your long-term health.** Each one helps your body manage blood pressure, blood sugar, and cholesterol, so you can stay strong, active, and confident for years to come.





Clara's Closing Message - Now It's Your Turn

(Cont.)

Now it's **your turn**.

You don't need to do all seven habits every single day. Start by locking in your three **non-negotiables**. Use your **fallback plan** on the messy weeks. Keep your **reflection pages** close so you **can see** your progress **and adjust** as you go.





Clara's Closing Message - Now It's Your Turn (Cont.)

The most important step? Keep going.

Every glass of water, every balanced lunch, every 2-minute breathing reset, every stretch, and every night of better sleep **moves you further away from fatigue, cravings, and the risks of the 3 Highs.** This brings you closer to the steady, confident energy you deserve.

Clara's reset was just her beginning.

Let this be **yours**, too.



Ready to Take the Next Step?

Ready to Take the Next Step?

Your body is giving you clues, let's decode them together **before they turn into something serious.**

WhatsApp me at **+65 97965393** and send the word "**CHECKLIST**". You'll get:

- A **FREE 30-minute Zoom** clarity session (to understand your results).
- A **personalized mini health plan** (simple actions to boost your energy & antioxidant defense).
- A chance to **book a carotenoid scan** (to see your true antioxidant score).



Ready to Take the Next Step?

(Cont.)

Start today, keep it simple, and watch how your energy and health rise one day at a time.

you'
Got
This!