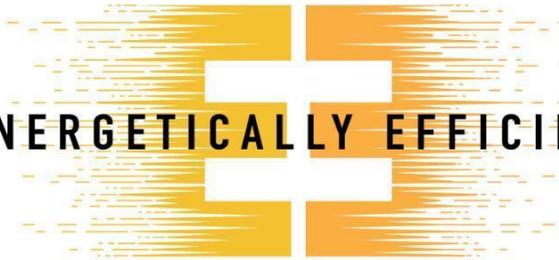
The logo features a stylized 'E' and 'E' in a bold, sans-serif font, rendered in a vibrant orange color. The letters are set against a background of horizontal lines of varying lengths and colors, creating a sense of motion and energy. The overall design is modern and dynamic.

ENERGETICALLY EFFICIENT

Energetically Efficient™ Top 5 Tips & Tricks

Although we provide many recommendations for optimizing health and wellness, below are five things that you can implement immediately to improve your metabolic health and maximize your energy and efficiency throughout each day. Remember, **you are the only person in charge of and responsible for your health**. We recommend that you take that responsibility seriously!

1. Start each day by drinking approximately 24 ounces of **water** with the juice of 1 **lemon** + ¼ teaspoon of Redmond's Ancient Fine Sea Salt. Do this before you allow yourself to have any coffee. Your cells will thank you!
2. **Start a strength training program**. We recommend [Discover Strength](#), which although based in the Twin Cities of Minnesota, provides excellent virtual workouts anywhere in the world. We have clients in Sweden, the United Kingdom and Hawaii training with Discover Strength. Regardless of whether you do in-person or virtual workouts, **your first workout is free**. Remove any excuses about strength training and get started!
3. Reduce the amount of carbohydrates you are consuming, especially from sugar and processed foods like crackers, cookies and chips. Not only do those foods result in easy weight gain, they cause inflammation in the body, which is the root of all disease. If you want to be **metabolically healthy and age well**, cut out those foods out of your life! Remember, every time you eat, we recommend that you **Prioritize Protein, Fill-In With Fat** and **Carefully Add Carbs**. Eat your **PFCs** (and in that order)!
4. Track your steps with a step tracking device like an Oura Ring and prioritize getting **at least 10,000 steps per day**. (Kristin's daily minimum is 15,000 steps.) You can break up your steps in little walks and movement throughout your day. Make sure you have 5,000 before Noon so you only have 5,000 to get in the rest of the day!
5. **Focus on quality sleep** by having a sleep routine. If you are in front of any kind of screen at night, make sure you are wearing blue light blocking glasses so as to not interrupt your body's production of your key relaxation and sleeping hormone, melatonin. (I recommend BLUblox - discount code below!) Do not eat for at least 2 hours before bedtime. Put your body in bed by 10:00 p.m. or as close to it so that you can maximize the amount of time you spend in deep sleep, which is sleep for your body. Make sure to get at least 7 hours of sleep so that you can also maximize the amount of REM sleep you get, which is sleep for your mind. Make sure your room is dark and cold. Our bodies get to sleep and stay asleep the most easily in that environment.

The logo features a stylized 'E' and 'E' in a bold, sans-serif font, rendered in a gradient of yellow and orange. The letters are set against a background of horizontal motion blur lines in the same color palette. Below the graphic, the words 'ENERGETICALLY EFFICIENT' are written in a clean, black, uppercase sans-serif font.

ENERGETICALLY EFFICIENT

Below are discount codes for a few of our favorite products if you are interested in trying them!

[Redmond's Products](#)

Discount Code = GOLDEN15 for 15% off

- Re-Lyte Electrolytes
- Re-Lyte Boost (this is Kristin's new favorite before workouts in the morning)
- Salt: check out their website for a variety of interesting healthy salts! We love the Ancient Fine Sea Salt, the Organic Lemon Pepper and the Organic Seasoned & Smoked Salt.

[KetoBrick](#) → Discount Code = GOLDEN for 10% off

[Marigold Products](#) → Discount Code = GOLDEN for 10% off (*only works on your **first** order*)

[F-Bomb Products](#) → Discount Code = KRISTIN for 10% off

[Carnivore Crisps](#) → Discount Code = GOLDEN for 10% off

[EnergyBits](#) → Discount Code = KRISTIN for 20% off

[Kion](#) products → Discount Code = GOLDEN for 10% off

[BLUblox](#) blue light blocking glasses → GOLDEN for 15% off

[Sleep Remedy](#) → Discount Code = GOLDEN FOR 10% off

Last but not least, please follow Energetically Efficient™ on [Instagram](#), [Facebook](#) and [LinkedIn](#)!