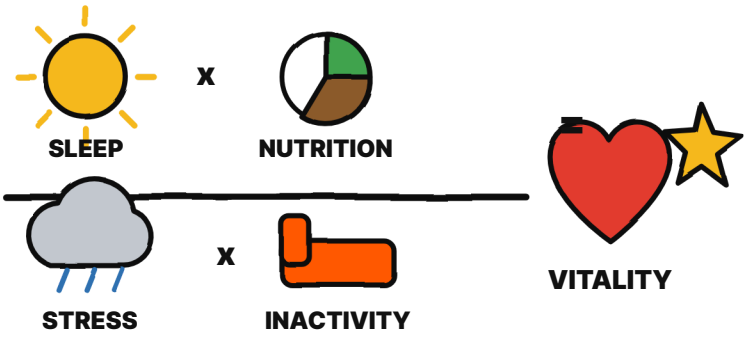
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A MAXADEMY MINI-GUIDE

# The Energy Equation

More of what fuels you, less of what drains you — a simple way to find your energy leaks and fix them after 50.



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CHAPTER 1 · A SIMPLE MODEL

# The Energy Equation

Think of your daily energy as a simple equation: the things that *fuel* you on top, the things that *drain* you on the bottom. Raise the top, lower the bottom, and your energy rises.

The main fuels are sleep, nutrition, sunlight, and movement. The main drains are chronic stress, inactivity, and poor sleep habits. You do not need to perfect all of them — usually one leak is bigger than the rest, and fixing it makes the biggest difference.

This guide helps you find your single biggest energy leak and gives you simple ways to close it.

CHAPTER 2 · THE TOP OF THE EQUATION

# Sleep: Your Biggest Fuel

Nothing else on the list works well without sleep. It is when your body and brain repair, restore, and recharge. After 50, sleep can become lighter and more easily disturbed, which makes protecting it even more important.

- Aim for a consistent 7–8 hours.
- Keep the same wake-up time, even on weekends.
- Make the bedroom dark, quiet, and cool.
- Dim screens and lights an hour before bed.

> **TRY THIS**
>
> Pick a fixed wake-up time and hold it for one week — even on weekends. A steady wake time is one of the strongest signals for better sleep.

CHAPTER 3 · FUEL YOU EAT

# Nutrition as Energy

Food is fuel, and the quality of that fuel shapes how you feel. Steady, balanced meals support steady energy; skipped meals and sugar-heavy snacks tend to produce peaks and crashes.

- Include protein at each meal.
- Get fiber from vegetables, beans, and whole grains.
- Drink water steadily through the day.
- Go easy on sugary drinks and refined snacks.

> **TRY THIS**
>
> Add a source of protein to your breakfast for a week and notice whether your mid-morning energy holds better.

CHAPTER 4 · THE BOTTOM OF THE EQUATION

# Stress: The Quiet Drain

A little stress is normal and even useful. The problem is *chronic* stress that never switches off — it quietly drains energy, disturbs sleep, and makes healthy habits harder to keep.

You cannot remove all stress, but you can build small recovery moments into your day: a few minutes of slow breathing, a walk outside, time with people you enjoy, or simply a pause between tasks.

> **TRY THIS**
>
> Once a day, take two minutes to breathe slowly — in for four counts, out for six. Done daily, these small resets add up.

CHAPTER 5 · THE HIDDEN DRAIN

# Inactivity

Long, unbroken sitting is a surprisingly large energy drain. It stiffens the body, slows circulation, and often leaves you feeling more tired, not more rested.

The fix is not punishing exercise — it is simply breaking up the stillness. Standing, stretching, and short walks scattered through the day keep your energy flowing.

> **TRY THIS**
>
> Set a gentle reminder to stand and move for two minutes every hour you are sitting. Small movement, repeated, beats one big effort.

CHAPTER 6 · YOUR MOVE

# Find and Fix Your Biggest Leak

You do not have to fix everything. Usually one leak is bigger than the others. Find it, close it, and the whole equation improves.

- For one week, rate your energy (1–10) in the morning, at noon, and at night.
- Notice when it dips the most and what tends to come before the dip.
- Pick the single biggest drain and make one small change to address it.
- Re-check your energy after a couple of weeks.

Use the energy audit on the next page to spot your pattern.

# Worksheet: Your Energy Audit

For one week, rate your energy 1–10 three times a day. Look for the biggest, most repeated dip.

| Day | Morning (1–10) | Noon (1–10) | Evening (1–10) | What came before the dip |
|---|---|---|---|---|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

**My biggest energy drain appears to be:**

---

**The one small change I will make:**

---

**I will re-check my energy on:**

---

# Key Takeaways

1. Picture energy as fuel on top (sleep, food, movement, sunlight) over drains on the bottom (stress, inactivity).
2. Sleep is the foundation — protect a consistent 7–8 hours.
3. Balanced, protein-containing meals support steadier energy.
4. Chronic stress and long sitting are the quiet, common drains.
5. Usually one leak is bigger than the rest — find it and fix that first.
6. Re-check after a couple of weeks and adjust.

# Want help putting this into action?

Join Dr Max for a live Healthy After 50 session to pinpoint your biggest energy leak and build a simple plan to close it.

**Join Dr Max Live →**

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