

Monthly Newsletter



Power Your Workday with These 3 Simple Habits

Your brain is your biggest asset at work—and like any high-performance tool, it needs the right fuel to function at its best. Here are three simple ways to keep your energy steady and your focus sharp throughout the day:



Start with a Power Breakfast

Swap sugary pastries for protein-packed options like Greek yogurt with berries, oatmeal with nuts, or eggs with veggies. Balanced breakfasts stabilize blood sugar and keep your brain alert.



Hydrate Before You Caffeinate

Mild dehydration can mimic fatigue. Drink a glass of water first thing in the morning and keep a refillable bottle nearby. Then enjoy your coffee—without relying on it as your only energy source.



Snack Smart

When the afternoon slump hits, pair protein with produce—think apple slices with almond butter or baby carrots with hummus. This combo fuels both mind and body without the crash.

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Your Next Step

Pick one of these quick wins to try this week—whether it’s powering up your breakfast, hydrating before your first coffee, or upgrading your afternoon snack. Notice how your focus and energy shift by Friday.



Need a little help getting inspired?
Download our Workday Energy Boost Guide with 5 simple, nutrient-packed snack ideas you can prep in minutes.

[Weekday Energy Boost Guide](#)

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Events Calendar for Employees



March 3
Employee
Appreciation Day



March 15
Webinar Series
on Employee
Engagement



March 27
Quarterly All-Staff
Meeting



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