

Energy Booster Tips!



Cut out Caffeine

You may think coffee energizes you, which for a short time is true. But when the initial energy jolt wears off you're left feeling even more tired than before.

Get More Sleep

Getting enough sleep is crucial to our energy levels during the day.

Adults need 7-8 hours a night to restore and regenerate their minds and bodies, while children need 10-12 hours, and teens 9-10 hours.

Get Moving

When you are busy and tired, exercise is probably the last thing on your mind, but you have to spend some energy to get more energy.

Get a new hobby or bring back an old one

Adding some challenge to your life, whether it's taking a writing or painting class, can inspire you and give you energy that you didn't know you had.

Never skip breakfast

Your first meal of the day gets your metabolism going and gives you the fuel you need to get through the day. So why wait to eat?

Keep Hydrated

Lack of fluids is a major cause of fatigue, since they transport nutrients and oxygen to our cells and organs.

Eat more often

Eating five or six small meals throughout the day ensures that blood-sugar levels remain steady. This will prevent you from "hitting a wall" in the afternoon, which will make you more productive and keep you feeling good.

Keep your Iron in check

Fatigue, especially in women, can be a sign of low iron. Iron helps the blood absorb oxygen. When your iron levels are low, your energy levels are low.