

SEVEN QUICK ENERGY BOOSTING TRICKS

Do you ever find your head bobbing or eyes drooping in the middle of the day and need a quick way to rev up? Try these easy tricks to give your energy a boost.

1 DRINK SOME WATER

Dehydration is a big cause of fatigue and most of us don't get enough water during the day. And if you're drinking caffeinated beverages like soda, coffee or tea to boost your energy, you should drink even more water (caffeine dehydrates).

2 GET UP & GO . . . OUTSIDE

Not only will the sunshine perk you up, but getting up and moving will get your blood circulating and help boost your energy.

3 TAKE A DEEP BREATH

Most of us breathe pretty shallowly during the day. Taking deep breathes for a few minutes gets more oxygen flowing to your vital organs (including your brain) and helps wake you up.

4 EAT SOME PROTEIN

Many of us dive in for a candy bar when we're sleepy to get that "sugar rush" only to come crashing down to even more fatigue when the short-acting carbs wear off. Protein helps regulate the body's blood sugar level, so try a hard-boiled egg, some yogurt or low-fat cottage cheese.

5 TAKE A NAP

Many people swear by a 15-20 minute power nap in the middle of the day to give them the energy to conquer their afternoon & evening. Just keep it short or you'll go into a deep sleep and be groggy when you wake.

6 SPLASH COLD WATER ON YOUR FACE

Studies of weary med-school students say that a cold shot of water to the face *can* actually perk you up and re-energize you. But don't expect the effect to last very long.

7 TALK TO SOMEONE

Engaging in a conversation – preferably face-to-face, will stimulate your senses and your mind to help wake you up.

FATIGUE FIGHTING CHECKLIST

80% of Americans list persistent fatigue as one of their top ten health concerns. One of the keys to having good energy during the day is to work at getting a good night's sleep and practice good energy habits during the day.

SLEEP HABITS

- Keep a regular bedtime** to help you get a better night's sleep.
- Strive to get 7-8 hours of good sleep a night.** There's just no substitute for getting enough sleep.
- Don't leave lights on when you sleep.** Scientists believe that constant exposure to artificial light can keep you in a perpetual state of jet lag - leaving you worn out and tired.

EATING HABITS

- Cut out the caffeine** 4-5 hours before you go to bed.
- Watch out for food allergies.** Food reactions can release histamines into the bloodstream causing mood changes and fatigue in addition to other allergic reactions.
- Eat a balanced diet.** Especially if you're dieting - it's easy to get your energy intake out of whack. Experts recommend getting 50-60% of calories from carbohydrates, 30% from fat and the rest from protein. Complex carbohydrates (like whole grains, brown rice, corn and beans) give you the best sources of long-lasting energy.

EXERCISE HABITS

- Exercise in the early evening.** More than 70% of the people polled in a recent survey said they were too tired to exercise. The irony is that getting regular exercise reduces stress and boosts your energy. Exercising a few hours before bed will also tire you out and help you sleep more soundly.

HEALTH HABITS

- Check your medicine.** Many medications have fatigue as a side effect – ask your doctor or pharmacist. If you're constantly tired, your doctor may be able to change your prescription to a medication that won't leave you so drained.
- Make sure there's not a medical reason for your fatigue.** Fatigue can be a symptom of other health conditions such as anemia, thyroid disease, depression and others.