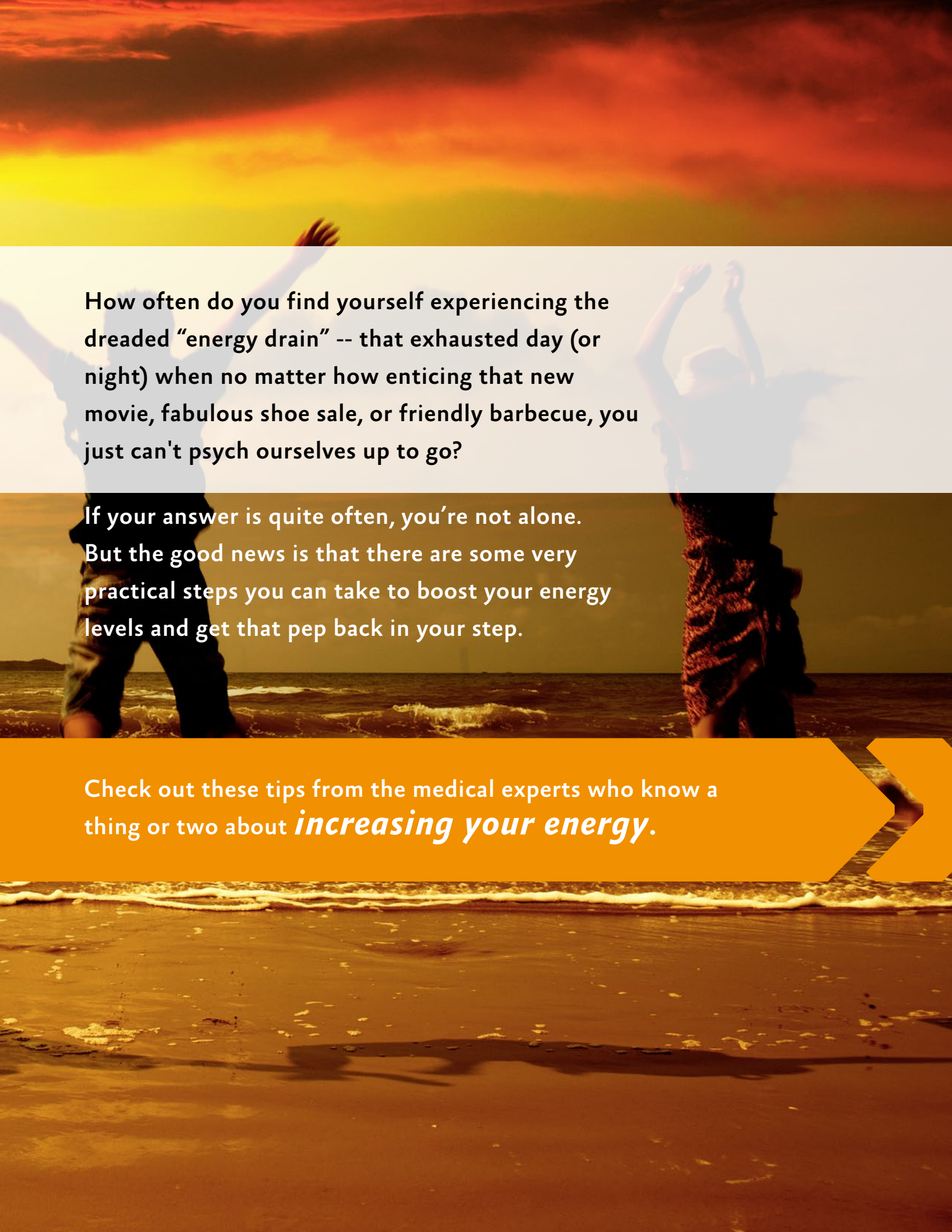


A vibrant sunset over a beach. The sky is filled with warm, golden and orange hues, with the sun low on the horizon. In the foreground, three people are captured in mid-air, jumping joyfully with their arms raised. The beach is wet, reflecting the bright light of the sunset. The overall mood is one of energy and happiness.

Practical Tips to

LIVE WITH MORE ENERGY

A sunset over the ocean with two people standing on the beach, their arms raised in the air. The sky is a mix of orange, yellow, and red, and the water is dark with white foam from the waves. The people are silhouetted against the bright sky.

How often do you find yourself experiencing the dreaded “energy drain” -- that exhausted day (or night) when no matter how enticing that new movie, fabulous shoe sale, or friendly barbecue, you just can't psych ourselves up to go?

If your answer is quite often, you're not alone. But the good news is that there are some very practical steps you can take to boost your energy levels and get that pep back in your step.

Check out these tips from the medical experts who know a thing or two about *increasing your energy*.

Eat your breakfast.

A good, nutritious breakfast gives you the energy you need to stay awake and alert. People who eat breakfast every morning report less fatigue and stress than people who skip breakfast. Best are high-fiber foods, like hot oatmeal, which will stick with you longer than a sweet roll or pastry.



Take a walk.

While it may seem as if moving about when you feel exhausted is the quickest route to feeling more exhausted, the opposite is true. Experts say that increasing physical activity— particularly walking -- increases energy.

Water is your friend.

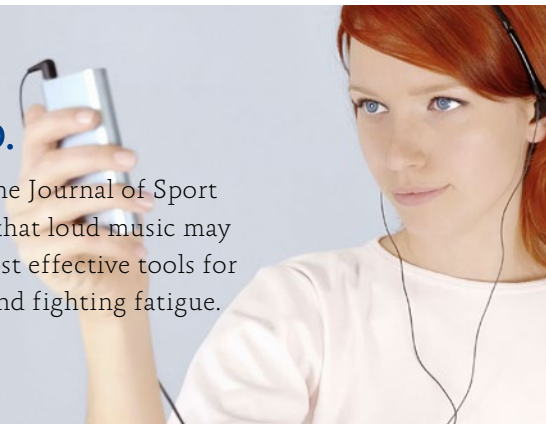
Your body needs fluid to function properly. Yet you're constantly losing fluid every time you breathe, sweat, and use the bathroom. If you don't replenish those liquids, you can become dehydrated, which can leave you feeling drained and fatigued. Try to get to the water cooler for a refill every few hours. The walk there will also help you wake up.

Brighten up.

Turn on your desk lamp or open the blinds and let in some sun. Your body needs vitamin D (from sunlight) in order to help keep energy levels at their peak.

Turn it up.

A report in Online Journal of Sport Psychology says that loud music may be one of the most effective tools for relieving stress and fighting fatigue.



Just lose it.

Whether you're packing an extra five pounds or 50, the further over your ideal weight you are, the less energy you ultimately have.



Have a Snack.

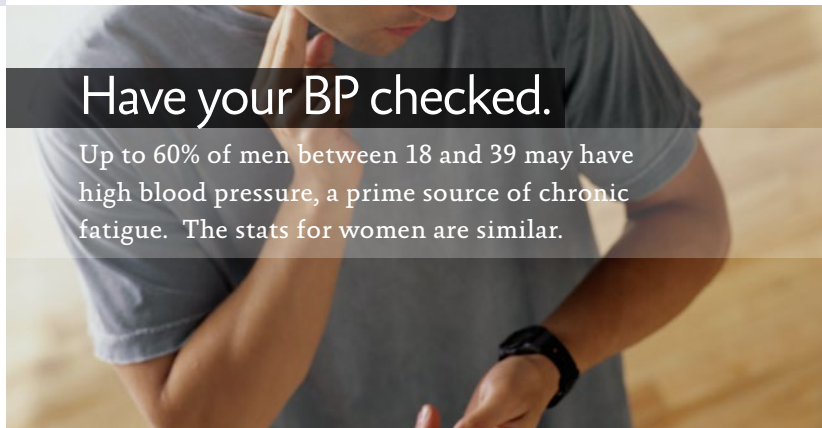
Healthy snacking is more than just eating between meals. Try foods that combine protein, a little fat and some fiber -- like peanut butter on a whole-wheat cracker, or some yogurt with a handful of nuts. The carbs offer a quick pick-me-up, the protein keeps your energy up, and the fat makes the energy last.


Get wet.

According to a study in the journal Clinical Neurophysiology, splashing cool water on your face may restore energy even faster than other popular options, like drinking coffee.

Have your BP checked.

Up to 60% of men between 18 and 39 may have high blood pressure, a prime source of chronic fatigue. The stats for women are similar.





Take a Power Nap.

Research has shown that both information overload and pushing our brains too hard can zap energy. But studies by the National Institutes of Mental Health found that a 60-minute “power nap” can not only reverse the mind-numbing effects of information overload, it may also help us to better retain what we have learned.



Munch on berries.

Doesn't matter what kind, they're all high in energy-boosters called anthocyanins.

Bulk up your diet.

Cardiff University researchers found that individuals with high-fiber diets have less fatigue than those with lower-fiber diets.


Try L-carnitine.

The vitamin-like amino acid may help your muscles recuperate more quickly after a hard day at the gym. To feel the jolt, try taking 500 mg a day for at least three weeks.



Get steamed.

According to one U.K. study, up to 68% of adults feel more energetic after a hot bath or shower.



Eat more fish.

Studies show the omega-3s in foods like tuna and salmon can help fight depression, leaving you happier and more energized. Don't like fish? Try eating more walnuts and flaxseed, or pop a 3,000 mg fish-oil supplement instead.

Join the B-team.

The American Journal of Clinical Nutrition reports that many athletes and exercise buffs don't get enough B vitamins. That's bad, since thiamin, B6, B12, and riboflavin are all necessary for the body's production of energy.

Limit lunch to 500 calories.

High-calorie meals take longer to digest and end up pulling energy away from other cells in your body.



Say “yes” to yogurt.

The good bacteria in yogurt helps keep your intestines healthy, allowing them to absorb more nutrients from the foods you eat. And the more nutrients your cells have at their disposal, the greater your energy reserves.

Avoid trans fats.

Foods like doughnuts, crackers, and chips raise levels of bad LDL cholesterol in the body. This narrows blood vessels, blocking the flow of oxygenated, energy-rich blood cells throughout the body.

Opt for whole grains.

White bread and pasta spike blood sugar and burn away quickly, sapping energy as they go. Stick with whole-grain foods, which provide longer-lasting fuel.

Have a cup of joe.

In small doses, caffeine is a great energy booster, increasing mental alertness and even spiking sexual potency.

Swallow some calcium.

Calcium deficiencies sap muscle strength and lower physical endurance. On average, men need at least 1,000 mg of calcium a day.

Shake it up.

The Journal of Applied Physiology reported that individuals who drink a high-protein shake after working out have more pep than those who refuel on carbs alone.

Go nuts.

Almonds and peanuts are so nutrient dense that a single nut packs enough calories to heat up half a cup of water. Nuts are also high in magnesium and fiber, two proven energy boosters.

Scramble some eggs.

Of all foods, eggs are the best provider of energy-boosting protein, according to the American Heart Association.

Call a buddy.

There's more than a decade's worth of research showing that adults who open up and talk about their lives with other people have more energy than those who keep their stress inside.

D up.

You need vitamin D to maintain the proper balance of other energy-bolstering vitamins in the body. The best D sources? Fish and D-fortified skim milk.

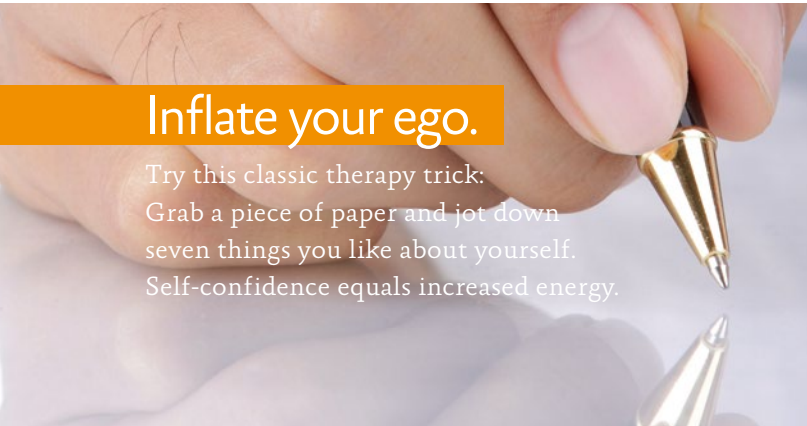
Get a massage.

Studies show that massage helps you conquer three serious energy drainers— anxiety, headaches, and muscle soreness.



Inflate your ego.

Try this classic therapy trick: Grab a piece of paper and jot down seven things you like about yourself. Self-confidence equals increased energy.



Wear brighter colors.

Vibrant greens and blues activate neurons in the brain that keep energy at its peak.



Do some cardio.

Biking, running, and swimming all help to increase the number of energy-producing mitochondria in your cells.

Do a puzzle.

Pick something challenging. Problem solving stimulates brain cells, spiking your body's energy levels.



See a funny flick.

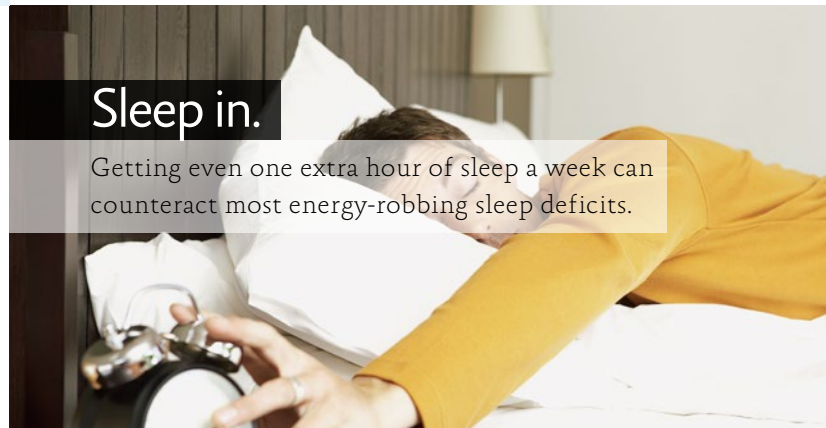
A study in the journal *Psychological Reports* found that laughter pushes the energy-sapping compound neuroendocrine out of your brain.

Have a soundtrack.

Play background music at your desk. You'll have less anxiety, a prime energy thief.

Get your stuff together.

The more organized things are around you, the more mental and physical energy you can devote elsewhere.



Sleep in.

Getting even one extra hour of sleep a week can counteract most energy-robbing sleep deficits.

Go out on the town.

Sure it's fun, but studies show that a good social life can also help you feel more energetic.



Schedule a day off.

Take a day every month to do something fun—no errands and nothing serious or work-related. The happier you are, the better you feel.



Veg out.

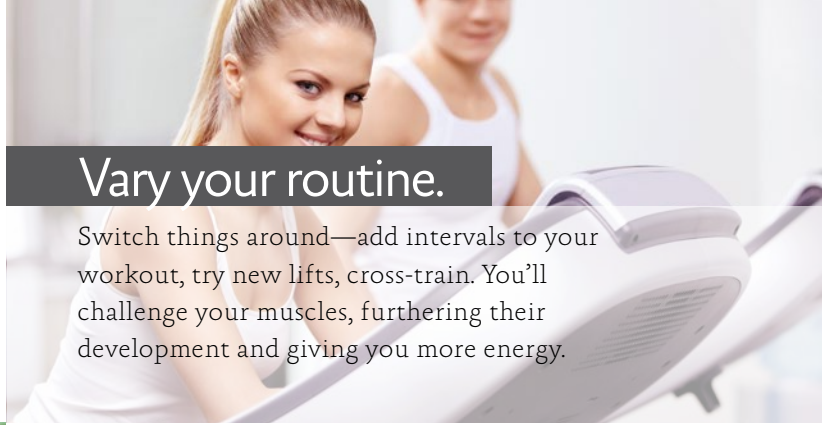
Load your plate with veggies like tomatoes, carrots, and spinach. The brighter the vegetables' color, the more energy-revitalizing antioxidants they contain.

Stay positive!

Stay positive! Researchers have consistently found that adults who maintain a generally positive attitude remained healthier and had more energy throughout the day than those with a more pessimistic outlook.

Vary your routine.

Switch things around—add intervals to your workout, try new lifts, cross-train. You'll challenge your muscles, furthering their development and giving you more energy.

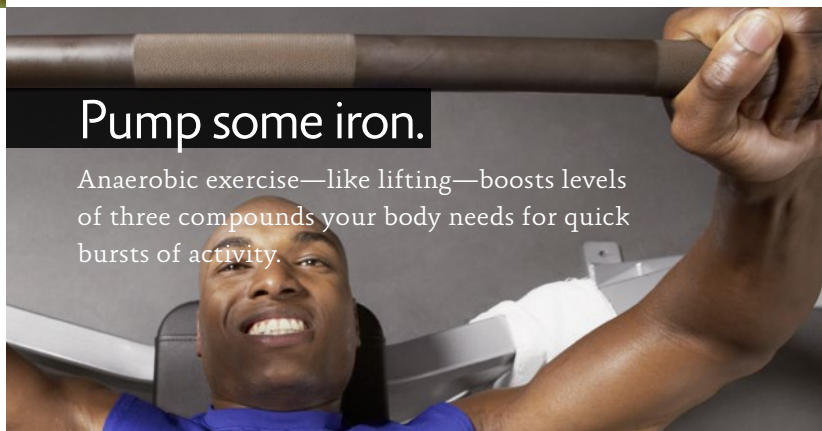


Relax.

Stress is energy's number one enemy. Next time you're swamped, zap the stress by closing your eyes and breathing deeply for 60 seconds.

Pump some iron.

Anaerobic exercise—like lifting—boosts levels of three compounds your body needs for quick bursts of activity.



Chug a sports drink.

The potent mix of water, sugar, and electrolytes may give you the juice you need to make it through that last set.



A vibrant sunset or sunrise sky with a bright sun and silhouettes of two people with their arms raised in celebration.

STAY POSITIVE!