



1. **Walk around the block:** Increasing physical activity increases energy.
2. **Take a power nap:** 15-30 minutes can refresh and energize you.
3. **Don't skip breakfast, or any other meal:** Folks who eat breakfast report being in a better mood and having more energy throughout the day.
4. **Reduce stress and deal with anger:** Stress is the biggest energy zapper. Practice relaxation techniques.
5. **Drink more water:** Even slight dehydration can leave you feeling tired and lethargic.

6. **Eat more whole grains and less sugar:** When you eat sweet food, your blood sugar spikes followed by a rapid drop, which can leave you feeling tired.
7. **Have a power snack:** Have a snack with protein, a little fat and some fiber—like peanut butter on a whole-wheat cracker or yogurt with nuts.
8. **Adjust the temperature:** Being too hot can increase fatigue.
9. **Walk around/be social:** Get moving! Try walking to talk to a coworker instead of emailing or just take a lap around the office.
10. **Get some fresh air:** Take your break or eat your lunch outside. Fresh air and sunshine can help revitalize your day. And help you relax!

CHECK OUT THESE GREAT WEBSITES FOR MORE INFORMATION:

<http://www.webmd.com/women/features/10-energy-boosters?page=4>

<http://greatist.com/happiness/28-scientificallly-proven-ways-boost-energy-instantly>