

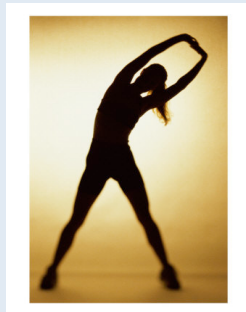
# 4 TIPS TO BOOST ENERGY

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Do you often feel tired, sluggish, and unfocused? Are you constantly drinking coffee or energy drinks to cope with lack of energy? There are several more natural ways to boost energy levels without relying on caffeine. Take it easier on yourself (and your wallet) by trying out a few of these tips!

## Move Your Body

Moving around when you are tired is probably the last thing you would think of doing when you are tired.



Once your body starts moving, your blood will start pumping and you will feel more awake. A quick boost can be as simple as walking up a flight of stairs at work instead of taking the elevator.

According to a study done at CSU Long Beach by professor Robert Thayer, going on a short walk is more energizing than eating a snack.

College student Amber Shettler often experiences the positive aspects of exercise on energy levels. "I always feel great after I work out even if I was feeling tired before."

She also finds there are many other benefits to working out. "I also feel more focused after I exercise, and am able to get my work done," says Shettler.

You do not have to go to the gym every time you feel tired. Try doing ten jumping jacks, or go for a quick walk every so often if you are sedentary most of the day.



## Catch Some Zzs

Your body needs to rest. Obviously getting adequate sleep is essential for having energy throughout the day.

Most adults need 6-8 hours of sleep every night. This can be hard to fit into a busy schedule.

Having a consistent sleep schedule is important to having normal sleeping patterns, and will help your body regulate how much rest it needs.

College student Lauren Curran comments on how important sleep is for being focused during a demanding school day. "If I don't

get enough sleep I can't function," remarks Curran.

This would have negative affects on her studies as a nursing student. "Some nights I don't get enough sleep so the next night I will feel tired a lot earlier," said Curran.

This is an example of how our bodies can self-regulate for rest.

To quote the intelligent words of Benjamin Franklin, "Early to bed and early to rise makes a man healthy, wealthy, and wise."

### **Eat Your Colors**

Good nutrition is key to staying focused and refreshed.

Often times when we are tired, we reach for the easy processed foods, which tend to be less healthy.



Next time, try going for a piece of fruit or a handful of nuts. It's just as convenient, and eating healthy snacks will not weigh you down and sink you into the dreaded "food coma".

Kathy Tutino, an experienced registered nurse, suggests using

strategies to boost energy that steer away from fad fixes such as 5-Hour Energy drinks.

"Eating energy bars and energy drinks are appealing for people as quick-fixes, but are not proven to be effective," said Tutino.

Many of these products contain high levels of caffeine. "Caffeine increases your heart rate and opens blood vessels so you may feel more awake for a short time, but it may still be hard to focus," said Tutino.

Most people need a cup of coffee to get started in the morning. "One to two cups of coffee per day is not shown to be harmful. When it starts to be more than that it can be hard on your body," said Tutino.

Caffeinated foods and beverages should be consumed in moderation to maximize benefits and minimize potential harmful side effects.



### **Drink Up**

Drinking 6-8 glasses of water per day is the recommendation given by most doctors. However, this can vary among individuals.

Some people may need more or less fluids depending on the individual. In

general, having lighter colored urine is a good indication for hydration.

Most of the human body is made up of water (about 60%), so maintaining fluid levels is key.

Water plays an important role in regulating many body systems. If plain water is just not appealing, try adding a little flavor with a slice of lemon or cucumber.

### **Back to Basics**

Incorporating natural ways to boost energy instead of going for another coffee, or another energy drink, will help you feel healthier.

Tutino's suggestion is to keep things simple. "Stick to the basics: getting enough sleep, having balanced nutrition, exercising and drinking fluids are all part of staying healthy and energized."