

To Your Health

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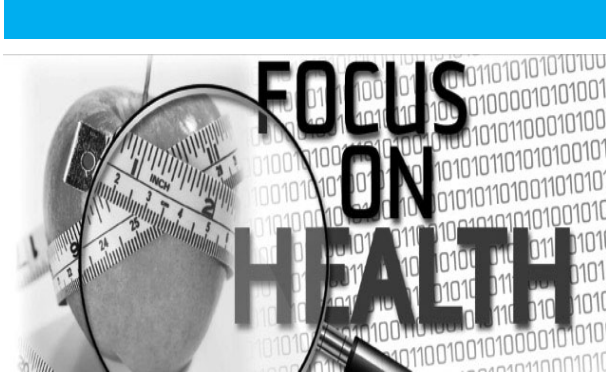


Simple Solutions to Boost Your Energy

Increasing daily energy levels is a goal for many men and women. Many adults are increasingly looking to energy drinks or highly caffeinated beverages like coffee to get the job done, while others are fearful that such beverages, though effective at improving energy levels, could have an adverse effect on their overall health.

For those who feel energy drinks or another cup of coffee is not the ideal solution to increasing their energy levels, consider the following tips.

- Exercise. While it might seem counterintuitive to exercise if you're feeling fatigued, that fatigue might very well be a result of lack of exercise. Daily exercise helps increase energy levels and improve mood. Something as simple as taking a walk during a lunch break can vastly improve energy levels.
- Drink plenty of water. Dehydration can make people feel lethargic. Drinking the recommended daily amount of water can boost energy levels, especially after a workout when the body often craves fluids.
- Carefully monitor sugar intake. Sweet foods with lots of sugar will provide an initial energy boost. However, that boost is fleeting, and blood sugar levels will rapidly drop after it. Instead of sugary snacks, select whole grain foods, which slowly and steadily increase the body's energy levels.
- Check magnesium levels. Constant feelings of fatigue could be indicative of a magnesium deficiency. Studies have shown that women with magnesium deficiencies expend more energy to do physical tasks than they did when their magnesium levels were restored. Almonds, hazelnuts and cashews are good sources of magnesium, as are whole grains and fish.
- Don't skip meals. Exhausted or fatigued men and women are often busy at work, which commonly results in missed meals. Skipping meals, according to studies published in the journal *Nutritional Health* revealed, leads to greater feelings of fatigue by day's end. Make eating all your meals a priority, and energy levels are likely to improve.



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