Tips To Increase Your Energy

Most people experience bouts of fatigue once in awhile, but you can take steps to guard against low energy.



Spark your energy level with these strategies:

- [ ] Have a positive attitude to maintain your enthusiasm
- [ ] Avoid a sedentary lifestyle
- [ ] Eat nutritiously to fuel your body with what it needs
- [ ] Take a multi-vitamin
- [ ] Take breaks throughout your day
- [ ] Exercise
- [ ] Get enough sleep
- [ ] Practice meditation or yoga to enhance health, relaxation, and energy
- [ ] Consider a short nap during the day
- [ ] Limit stressful situations
- [ ]

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