5 Tips for Boosting Energy

Just a few, easy lifestyle changes can help you boost your energy naturally:

- **Stay hydrated:** Even slight dehydration can leave a person feeling tired and lethargic. Keep a tall glass of water or a water bottle with you throughout the day.

- **Get moving:** As little as 10 minutes of exercise a day can improve energy levels and mood. Physical activity, even walking, is a great energy booster.

- **Get adequate sleep:** Getting seven to nine hours of sleep per night is optimal. Aim to go to bed and get up at the same time every day, even on the weekends.

- **Choose healthy snacks:** If you’re going to snack, make smart snack choices. Have a couple of snacks that combine protein, fiber and a little fat, such as an apple and string cheese or yogurt and nuts.

- **Reduce stress:** Stress has a major impact on energy levels. Stress can leave a person feeling mentally and physically exhausted. Try to take 20 minutes for yourself every day just to relax.

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