



How to Boost Your Energy Level



Overview

Lately, you feel run-down and drowsy during the day. You have low energy, and you need a boost. Let's look at some ways you can do this naturally.

Sleep

First, let's talk about sleep. Are you getting enough? Most adults need at least seven hours of sleep every night, but many of us don't get that much. Bad sleep habits may be the primary reason you're feeling sluggish. So set a regular sleep schedule. Focus on getting restful sleep every night.

Stress

Now, let's look at your stress levels. It's hard to strike a balance between work life and home life, especially if you're raising kids or dealing with big life events. Many of us feel stressed by being pulled in several directions every day. But stress has a way of draining energy. So if you feel stressed, look for ways to reduce it.

Exercise

Next, are you getting regular exercise? To stay healthy, you need to get up and move. Try to be active every day if possible. And exercise doesn't have to feel like a chore. There are activities for every situation and every fitness level. Some great choices are walking, jogging, swimming or cycling. Just find a physical activity you enjoy and make time to do it.

Nutrition

And finally, are you eating a nutritious diet? If you eat junk food, you're robbing your body of the vitamins and minerals it needs. So focus on nutrition. Reach for fresh foods instead of processed food or fast food, and prepare meals at home when you can. Limit or avoid things like alcohol and smoking. And be cautious with energy drinks and supplements. They contain large amounts of caffeine and other chemicals that can affect your heart and cause sleep problems. For more tips, talk to your doctor.

