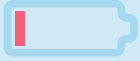


Running on Low?



Healthy Ways to Increase Energy

Do your eyelids begin closing late afternoon? Grabbing a candy bar or a triple caramel latte can be tempting, yet sugar and caffeine fixes will leave you running on empty when the effects wear off. Put some real solutions into practice that fight fatigue and create real energy!



Practice Yoga and meditation to help refocus your mind, energy and thoughts while lowering stress levels.



Eat small meals and snacks. Studies show that eating something small every few hours is best for sustaining energy throughout the day.



Avoid taking long naps since they can affect your sleep schedule and how tired you are the next day.



Stay hydrated by drinking plenty of water to avoid feeling drained.



Choose fiber-rich foods, such as an apple or handful of pistachios, are a healthy afternoon pick-me-up.



Curb sugar intake. If you want a hint of chocolate, opt for granola bars that also include good-for-you ingredients.



Bask in the sun. Head outdoors or just open your blinds. Sunshine elevates your mood, enhances self-esteem and can improve memory.