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# SIMPLE WAYS TO BOOST YOUR DAILY ENERGY LEVELS

*Do you ever feel like you don't have enough energy to keep up with the demands of the day? It may sometimes feel like there's more on your plate than you have the energy handle.*

*Thankfully, there are small things you can do to help alleviate the problem. Here are four simple ways to boost your daily energy levels.*

## DRINK PLENTY OF WATER<sup>1</sup>

If your daily routine doesn't include drinking water, you're missing an easy opportunity to rev up your body.

Say you sleep seven hours each night. That means in every 24-hour period, your body goes over 400 minutes straight without taking in any liquids. Because of this, we're often at our most dehydrated upon waking.

Water is human gasoline, fueling things like digestive functions and temperature. It's also one of your best defenses against headaches—the majority of your brain tissue is made up of water, and when the tissue starts to dry out, throbbing pain kicks in.

Properly rehydrating yourself can make a big difference in how you feel.

## DO LIGHT STRETCHING<sup>2</sup>

Another strategy for building up energy to take on the day is spending a few minutes doing basic body stretches within your first waking hour.

After laying down for several hours straight, the human body can contort and tighten. Stretching helps awaken muscles and joints by increasing blood flow while also reducing aches and pains.

Simple yoga moves can be good building blocks for increasing circulation and energy in just a few short minutes. Try moves like the cat-cow pose, downward dog, chest opener stretch, standing-side stretch, and child's pose. And don't worry if you have poor flexibility—these moves can be adapted to most fitness levels.

## PRACTICE GOOD POSTURE<sup>3</sup>

Maintaining good posture can be much easier said than done, but it's a key way to help overall health and energy levels. Bad posture can cause problems like back pain, breathing issues, and headaches.

If you're out of practice, maintaining good posture can feel downright uncomfortable at first. But over time, your muscles will naturally strengthen, and you'll likely notice an uptick in mental clarity.

## DIM THE SCREENS<sup>4</sup>

The human body relies on melatonin for proper sleep, but many modern households are filled with electronic devices that can interfere with rest. Things like your phone, laptop, and television all emit blue light, which actively suppress melatonin. The longer into the night you look at a glowing screen, the worse your quality of sleep is likely to become.

The next time you're using an electronic device before bed, try turning the screen's brightness down to its lowest setting. It's a minor change, but one that can pay big dividends by reducing the blue light you're exposed to.

## Fight Your Fatigue

**Though life's demands can often make it difficult to focus on wellness, little changes can still go a long way. Try incorporating some of these techniques into your day and see firsthand how they can help.**

<sup>1</sup>Nunez, Kirsten "Should You Be Drinking Water First Thing in the Morning? Here Are 6 Healthy Perks, According to MDs." *Real Simple*, 2023

<sup>2</sup>Coleman, Kali. "5 Morning Stretches That Will Instantly Boost Your Energy, Experts Say." *Best Life*, 2023

<sup>3</sup>"7 Benefits of Improved Posture at Work + Exercises to Help." *University of St Augustine for Health Sciences*, 2020

<sup>4</sup>Pacheco, Danielle; Truong, Kimberly. "How Electronics Affect Sleep." *Sleep Foundation*, 2023

