

EAT·MOVE·LIVE 365

10 time tested tips for more energy

1. **Dial in your light rhythms** - do your best to get outside in bright light soon after you wake up. Walking a bit to work, or just simply standing outside in brighter light is perfect. Get 30 minutes of bright light daily.
2. **Finish your showers with a bit of cold water** - you can splash cold water on your face and neck or shower your whole body with cold water. It will wake up the nerves in your face and stimulate your circulation.
3. **Include carbs in your meals** - if you are sedentary eat a serving of whole carbs like potatoes, sweet potatoes, rice, beans and legumes once a day, and more if you are active. While carbohydrate tolerance is personal, most people feel energized with the appropriate amount of carbs, and not a low amount of carbs.
4. **Dry brush** - use a soft brush to brush your body and face in the direction of lymphatic flow. For legs brush towards the groin, and for arms and torso towards the armpits. Spend 1-2 minutes brushing before you take a shower. Note how it energizes you.
5. **If sitting, get up and move every 30 minutes** - short breaks help nutrients go to your muscles, organs and brain. Help your body by stretching, walking, standing, fidgeting, dancing, chasing a colleague...
6. **Break a sweat** - at least once a day do something that elevates your heart rate enough to break a sweat. It can be walking up and down stairs, walking uphill, running, doing body weight exercise, playing a sport. Even 5 minutes makes a difference.
7. **Avoid caffeine late in the day** - while coffee can stimulate you early in the morning, it can disrupt your sleep at night, leading you to feel more sluggish the next day, using more caffeine to keep yourself awake and getting stuck in a coffee cycle.
8. **Drink plenty of liquids throughout the day** - it's best to monitor the color of your pee as a gauge. Shoot for straw color and add more liquids if you need to. Water, tea, and other natural drinks are all fine choices.
9. **Meet your emotions** - engage with your emotions (especially the negative ones) in a productive way. Journaling, talking to a professional or a trusted friend are great ways to metabolize emotions. Emotional suppression is a main source of fatigue.
10. **Effectively reduce stress** - include stress reducing practices like meditation and breathing, gardening, eco-therapy, playing games, dancing, practicing an instrument or other hobby, reading. It adds up!