

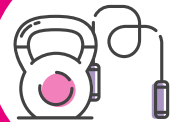
ENERGISE ME

10 Steps to boost your energy



Eat a Nutritious Breakfast

Always start your day with a good breakfast, preferably one that contains a mixture of carbohydrates and protein.



Get Some Exercise

Physical exercise is great for just about anything, however exercising regularly means you are more likely to fall asleep at night.



Prioritise Sleep

Everyone is different, however adults need between seven and nine hours of sleep a night.



Avoid Caffeine

Too much caffeine can disrupt energy levels. It is recommended that you try herbal teas and water instead.



Get Outdoors

Leave the house, leave the car, leave the office. Get some fresh air to help perk yourself up.



Limit High-Sugar

High sugar levels can disrupt energy levels which in turn make you crash and feel tired. Minimise them.



Stay Hydrated

Water really is important. In fact, it should make up around 60% of our body weight. Dehydration can make us feel sluggish. Therefore - drink, drink, drink.



Get Enough Vitamins

Iron, magnesium, B12 and folic acid are vital for energy - make sure your diet consists of these important vitamins and minerals.



Energy Boosting Snacks

Eat nuts, lean meats and whole grain foods to keep your energy levels balanced.



Check your Posture

Poor posture can make your muscles work harder than they have to, which in turn can cause tiredness.