

Tired of Being Tired??

There is a cure and it is available to you without a prescription! Just apply these simple tips to your lifestyle and you can cure that blah feeling of daily fatigue.

Increase your activity

One of the best cures for fatigue, is to exercise and be more active, not less active. Just moving around the room can give your body a boost. Researchers at the University of Georgia have found that inactive people can increase their energy levels and reduce their fatigue by significant amounts by adding regular exercise to their routine.

How does expending energy increase energy?

1. It relieves muscle tension and oxygenates the blood
2. It increases efficiency of the heart and lungs
3. It provides an outlet for stress
4. In the initial stages of activity, the power plants in your cells (mitochondria) begin their work to help the body meet the demands you are giving it.

The good kind of energy producing activities should not be confused with the tense type of activity that has you scurrying around trying to get all of your work done. When you exercise for energy, you should participate in moderate types of exercise to include activities such as: walking, Yoga, Pilates, Tai Chi, and strength training performed in slow and calculated repetitions.

More intense types of exercise can give you the same boost, but not until the initial muscle fatigue and tiredness has subsided.

Of course, you must also have enough fuel (i.e. food) in your body to sustain your activities as well as be properly hydrated.

Eat Energy Producing Foods

Calories in our food fuel every function in our bodies from brain to muscles.

The most important part about good nutrition is to balance your foods between those that contain good nutritive value. Those are your fruit, vegetables, proteins, and healthy fats.

Follow these tips to boost your energy with food.

1. Eat a breakfast that is full of complex carbohydrates and protein. Be sure to include some fruit for added flavor!
2. Drink your water every day
3. Maximize your payout from your food by eating nutrient dense foods that are rich in vitamins and minerals and low in calories.
4. Get your B Vitamins. They are associated with optimum mental and physical performance.

Get Your Rest

Most adults need between seven and nine hours of sleep each night for peak performance and health.

Incorporate these guidelines to aid you in getting a good night's sleep

1. Keep a set schedule for going to sleep and waking up. That means on the weekends too!
2. Create a routine to help you relax before bedtime. This could be a warm bath, music, or reading.
3. Insure your sleeping environment is suitable for sleeping: dark, quiet, comfortable and cool.
4. Do not eat too close to bedtime, that's within two or three hours. Try also, to avoid caffeine later in the day.

Sources:

Exercise for Energy: Workouts that work

WebMD: retrieved on March 18th, 2009.

www.webmd.com

9 Ways to Enjoy More Energy

Active.com: retrieved March 18th, 2009.

www.active.com (in collaboration with www.eatbetteramerica.com)