

Follow these tips for more energy throughout the day!

The number one issue we hear every day is that people need more energy. Before considering artificial stimulants, look at these natural ways to elevate energy and moods while managing stress.

1. Drink water. Your body needs water to transport oxygen to your cells, among many other functions. Therefore, depriving yourself of sufficient water may lead to general fatigue.

***TIP:** Keep a bottle of water with you and sip throughout the day. You'll have to think about it at first, but it will quickly become habit.*

2. Go for a walk. In fact, starting each day with a short walk, about 20 minutes at a normal pace, can jump start your day and help you sleep better at night by helping to regulate your circadian rhythm – your normal cycles of sleeping and waking. First thing in the morning, this helps to wake you up and get your circulation going for the day.

***TIP:** Starting your day with a 20 minute walk can also fire up a sluggish metabolism naturally, so you may even drop a couple of unwanted pounds!*

3. Obsess less. When your mind is in overdrive, your body tends to secrete stress hormones such as cortisol, which can wreak havoc on the body over time, including unwanted weight gain. In some cases, it can even make falling asleep difficult. And who feels energized after a poor night's sleep?

***TIP:** Remind yourself that not every problem is a crisis. This will help you to relax and stay in control of your emotions.*

4. Eat a series of smaller meals. Eating consistently - three small meals with healthy snacks in between - aids in regulating your blood sugar levels. This will help you to avoid the highs and lows that occur when going too long without food.

***TIP:** Keep some healthy snacks with you throughout the day to help you avoid bad choices – but be careful not to snack too much!*

5. Go outside. Studies show that spending time outdoors provides a boost by reducing stress hormones. Sunlight can also increase the body's production of serotonin, which lifts mood and increases energy.

***TIP:** Take a break and go outside. Enjoy the change of scenery, get some fresh air, or simply enjoy a good conversation with co-workers, friends, or loved ones.*

6. Move around. Generally, the more active you are, the better your circulation. Proper circulation can play a key role in maximizing your energy production, since blood transports oxygen and nutrients to the muscles and to your brain.

***TIP:** If you have a desk job, try to get up about once an hour to keep your blood flowing. If you have the luxury of an active job, encourage those who are sedentary to move around with you!*