

Increase your energy levels



We all go through phases when we feel our energy levels slump. Luckily there are some easy lifestyle changes that you can make which will inject your days with energy and help you get back on track.

Sleep

Good quality sleep is your first defence against fatigue. Here are some tips to sleep better:

- Sleep for 7-8 hours a day.
- Establish a good bedtime routine.
- Keep your bedroom cool, quiet, dark, and comfortable. Don't work, watch television, or do anything else errand-related in the bedroom so that you'll associate your bedroom with sleeping.

Exercise

Although it may seem counter-intuitive, exercise is a great way to boost your energy levels. Getting enough of it, but not too much, and doing it consistently, but not too soon before bed, is key:

- **Stretch at your desk.** Lift your arms above your head and stretch out towards the ceiling. Roll your head from side to side. Squeeze your shoulder blades together and then relax them. Point and flex your toes.
- **Take a lunchtime stroll.** Just a brisk 15-20 minute stroll can help improve your energy levels.
- **Include 150 minutes of structured exercise** in

your weekly schedule to improve your energy levels. Combine cardiovascular exercise, weight or resistance training, and flexibility training for the best results.

Diet

When you eat is as important as what you eat, so here are some tips for maintaining good energy levels throughout the day:

- **Don't miss breakfast.** Your breakfast should be balanced and low GI to keep your blood sugar stable and your energy up.
- **Foods like nuts, seeds, and dried fruit are great snacks** for preventing hunger and are packed with energy. Lean biltong, yoghurt, fresh fruit, berries, toast, and cracker bread make for good snacks as well. Eat every three to four hours to keep your blood sugar levels stable throughout the day.
- **Drink plenty of water.** Your body needs water to function so without it you feel tired, sluggish, and unable to focus. You should drink 2l of liquid every day.

Try to incorporate a new healthy habit every day and you'll start feeling happier, healthier, more energetic and ready to tackle the rest of the year.