



## 5 Tips for Boosting Energy

Just a few, easy lifestyle changes can help you boost your energy naturally:

- Stay hydrated: Even slight dehydration can leave a person feeling tired and lethargic. Keep a tall glass of water or a water bottle with you throughout the day.
- Get moving: As little as 10 minutes of exercise a day can improve energy levels and mood. Physical activity, even walking, is a great energy booster.
- Get adequate sleep: Getting seven to nine hours of sleep per night is optimal. Aim to go to bed and get up at the same time every day, even on the weekends.
- Choose healthy snacks: If you're going to snack, make smart snack choices. Have a couple of snacks that combine protein, fiber and a little fat, such as an apple and string cheese or yogurt and nuts.
- Reduce stress: Stress has a major impact on energy levels. Stress can leave a person feeling mentally and physically exhausted. Try to take 20 minutes for yourself every day just to relax.

### Here when you need us.

Call: 888-972-4732

TDD: 800.697.0353

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceResources® Now

Web ID: STATENV

