

# Tips To Increase Your Energy

Most people experience bouts of fatigue once in awhile, but you can take steps to guard against low energy.



**Spark your energy level with these strategies:**

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- ☐ Have a positive attitude to maintain your enthusiasm
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  - ☐ Avoid a sedentary lifestyle
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  - ☐ Eat nutritiously to fuel your body with what it needs
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  - ☐ Take a multi-vitamin
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  - ☐ Take breaks throughout your day
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  - ☐ Exercise
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  - ☐ Get enough sleep
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  - ☐ Practice meditation or yoga to enhance health, relaxation, and energy
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  - ☐ Consider a short nap during the day
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  - ☐ Limit stressful situations
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