

8 Essential Secrets to Increasing Your Energy

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Many of us seem to live hectic, busy, over-scheduled lives. The idea that you can increase your energy by making a few simple changes to some behaviors or by adding some healthful choices and activities is quite attractive.

Revitalize yourself through making these simple additions and changes to your life:

1. **Exercise 6 days a week.** Even though the mention of exercise might make you think your schedule will be more cramped and you'll probably sap your energy doing it, facts are facts: ***Exercise kicks your energy up a notch.***

- It can be a brisk 30-minute walk, bike ride, or jog. If you prefer, stop by your local health club and work out for an hour.

2. **Eat your vegetables.** Bump up your number of vegetable servings a day to 5 to 7. After the third or fourth day, you'll feel the difference.

3. **Find your own ways to rejuvenate.** Does snuggling up with a book for 30 minutes make your busy world fade and jump-start your energy so you can get through the day?

- Maybe doing some calisthenics for 15 minutes in your office with the door closed will work for you.
- Try some simple stretches for creaky muscles to help you relax and re-energize.
- Whatever you discover brings you some quick energy, do it.

4. **Rest your mind.** What if you were to stare at your flower garden for 20 minutes or watch your 3-year-old dig in the sandbox?

- ***Let whatever thoughts vex you float off into the wild blue yonder and simply rest your mind.***
- When you do, your psyche will be cleared out enough to re-load your schedule and tasks later on.

5. **Breathe. Deep breathing has so many magical qualities.** Everything that's going on in your body requires oxygen and your breathing process brings it in.

- When you take several moments to just breathe, you're subjectively stopping your world to imbibe in the sanctity of breathing.
- Try breathing in through your nose to the count of 4, holding it a couple of seconds, then exhaling through your mouth. Repeat 4 times.
- Perform this breathing exercise twice a day, once in the morning and once in the evening. You'll unlock new energy and feel better.

6. **Pick up the free weights. Did you know weight-bearing exercises for the upper body can boost your energy reserves?** Whether you use one-pound, two-pound, or five-pound weights, perform some upper arm exercises for about 15 minutes 3 or 4 days a week.

- As your muscles build, your energy will strengthen.

7. **Mind your stress. Stress can be one of the biggest energy drains you'll experience.** So, it's wise to do everything you can to successfully manage your stress. Many of the points listed above will help with stress.

- Keep your schedule under control by allowing free time between appointments and time to catch up in order to control the level of stress in your life.

- Talk with your friends when you feel stressed. Refrain from using substances like nicotine and alcohol, as they are some of the biggest energy zappers of all.

8. Perform self-care, physically and emotionally. How you treat yourself is intimately related to how you store energy. Positive thoughts keep you feeling safe, comfortable, and healthy. Your emotional and physical worlds share a strong connection.

You have the power to perform vital behaviors to pump up your energy. Boost your revitalizing powers by putting these steps into practice.