

# Tips To Increase Your Energy

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

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## Spark your energy level with these strategies:

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