



# Boost your ENERGY naturally

Are you feeling tired most mornings even after an eight-hour sleep?  
Do you need to force yourself to get off the couch after work to cook dinner or even get ready for bed?  
Are you asking yourself why you are so tired?  
**NALISHA PATEL** provides solutions.

**T**here can be a number of reasons why you may be feeling lacklustre, such as stress, not eating enough and not exercising.

Have you ever had one of those hard out days where you're busting to get home. You feel bone tired and possibly have a pounding headache to add to your hassles.

Picture this scenario. You arrive home and are greeted by your loving husband. He has prepared dinner already. Music is playing and then your favorite song comes on. He turns up the stereo volume and takes your hand. Very soon you are grooving all over the lounge laughing and giggling like you don't have a care in the world! Hold on; just a few minutes ago

you were ready to collapse and let's not forget that nasty headache. What happened?

Energy can be manipulated by the well known areas of diet, exercise and stress, but it can also be dependent on your emotional state and mindset. Let's look at ways you can boost your energy naturally.

## Create pleasure zones

Grab a piece of paper and start listing all the things, activities, people and circumstances that make you happy. Base the list on things you have

actually experienced as well as those things you haven't. Create a diary from Monday to Sunday. For each day start to slot in various activities or people that you can realistically see or do on those days.

Try and stick to your diary of fun things and vary them week to week. By injecting your week with novel as well as tested pleasure activities, you will boost your energy. Being in a rut can cause us to focus on negatives and get caught up in day-to-day hassles. By trying to mix up your week, you will start to reignite your passion for life. Give it a try! Any situation where you are creating joy and lowering your stress levels is a good thing.

## Add music to your everyday life

We all have personal preferences for what type of music we like. Any music, but mostly those with an upbeat tune, can literally change our energy state. Get home from work and crank up the stereo. Dance like crazy around the lounge and release any stored tension. This one tip works a charm on stressed business people. One client of mine has a "personal music hour" in the weekend where she dances like a mad woman to release any stress!

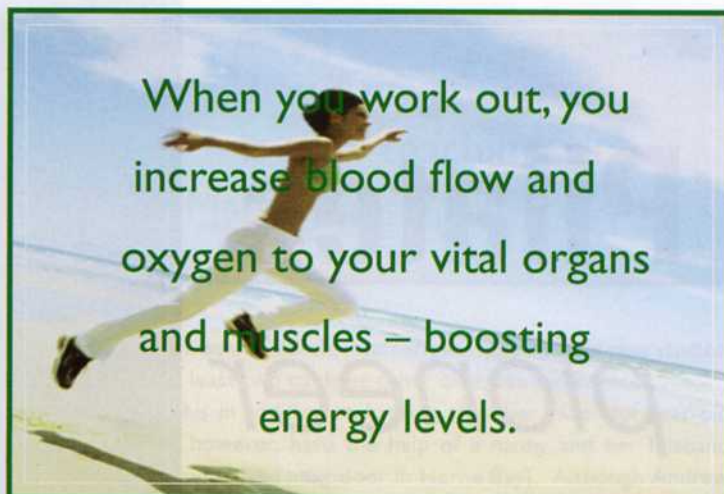
## Eating for energy

This "theory" has been tried and tested and definitely works. It is so important to eat every three to four hours to be able to maintain your blood sugar levels so you don't feel weak or start to lose focus.

Breakfast is a must in your quest for all day energy. Add protein to keep you full for longer and fruit such as berries for an extra kick of



Those practising yoga, naturally exude vitality.



vitamins. Plan your meals and snacks for the rest of the day. Snack wisely on almonds, protein bars, fruit, yoghurt or crackers and a low fat spread.

Pack a power lunch that combines protein, carbohydrate and a bit of good fat. Try a whole wheat sandwich with a hearty salad, lean ham or chicken and an oily dressing. Or you can try veggies with a big salad and a serve of protein such as fish, chicken or even cottage cheese.

## Breathe consciously

As we get stuck into our work, many of us tend to breathe quite shallow. Breath plays a vital role in overall health and wellbeing. Just look at those who practice yoga! They naturally exude vitality. Each day, morning and night, try and take 10 to 20 long deep breaths. Breathe in fully through your nose and feel your stomach rising. Then slowly exhale and pull your stomach in gradually to release all the air. Just be in the moment. Notice the effects of this little exercise after a few weeks on your stress and energy levels.

## Recharge with exercise

Of course exercise had to be included in this topic of boosting energy! When you work out, you increase blood flow and oxygen to your vital organs and muscles. This increase in oxygen can play a part in increasing energy. Exercise also has a meditative effect on your body, so it can calm you emotionally, which can boost you up.

Any exercise is great for the body, so just move your body and you will start to feel a surge in energy from making exercise a consistent part of your lifestyle.

Exercise also helps you sleep deeper and more soundly, which can have an effect on your energy levels.

Energy can be a complex issue, so there really is no sure fire way to increase your energy. Use these tips and see what works for you. If in any situation you feel your energy levels have decreased dramatically, please consult your doctor. With our fast paced lifestyles we have almost accepted that being tired is normal. With a few simple changes you can be on your way to increasing your energy and vitality.

▲ Nalisha Patel of HealthMastery specialises in health and fitness in the home or office, offering 12 week challenges for health and fitness, weight-loss and healthy mindset solutions. Phone 0508 SHAPE ME (0508 742 763).