

Zap Your Fatigue

By Loraine Fick | Illustration: Josh Latta

Tired of being tired? What you eat, how long you sleep, how you get that second wind—it all either adds to the energy bank or sucks it dry. Make the right little choices throughout the day for a big payoff in stamina.





BEST	BLAH	BAD
<p>BREAKFAST</p> <p>Protein + whole grains Like an egg white omelet or peanut butter and toast.</p>	<p>Bagel or pancakes Could leave you sleepy and hungry mid-morning.</p>	<p>Skip it A recipe for tiredness and pigging out at lunch.</p>
<p>LUNCH AND BEYOND</p> <p>Five a day Colorful fruits and vegetables for optimum health and energy.</p>	<p>Fruit juice High in sugar and calories without the fiber of whole fruit.</p>	<p>Fries with that Not what your mother meant by getting your veggies.</p>
<p>AFTERNOON BLAHS</p> <p>Take a walk Exercise actually fights fatigue.</p>	<p>Play Scrabble online You weren't really getting anything done anyway.</p>	<p>Get a grande 10 minutes of jitters and then you crash, especially if your latte is loaded with sugar.</p>
<p>SHUT-EYE</p> <p>Full night Seven or eight hours asleep in a cool, dark room.</p>	<p>Not quite Seven hours in bed, including two with the computer or TV on.</p>	<p>Walking dead Less than six hours a night.</p>



More Energy Boosters

- Get off the sugar roller coaster.
- Sip water all day—fatigue is one of the first signs of dehydration.
- Don't overdiet; it will slow your metabolism and make you feel drained.
- Simplify. Physical clutter is stressful, and stress saps energy.

Prolonged fatigue could indicate an underlying medical condition. See your doctor if lifestyle changes don't help your tiredness.

