How do I increase my energy?

Use these healthy tips to give you more energy!

1. **Drink more water.**
   - Most people do not drink enough water. Your brain and body need lots of water. Instead of drinking soda or juice for an energy boost, drink a glass of water.
   - Drinks like coffee and soda have caffeine. Caffeine can dehydrate you (make you very thirsty). It can also make your energy levels go up and down.

2. **Get active.**
   - Start simple. Take a walk when you are feeling tired. Walking will give you energy. Then try other light activities, like yoga.

3. **Use gentle sweeteners.**
   - Use gentle sweeteners like maple syrup, brown rice syrup, agave, and stevia. Also eat sweet vegetables like yams, sweet potatoes, carrots, and beets.
   - Do not use white sugar and artificial (not natural) sweeteners like Equal and Splenda.

4. **Eat dark leafy green vegetables.**
   - Green vegetables like spinach, kale, and collard greens give you energy.
   - Green vegetables are full of vitamins and nutrients (healthy parts of food). They can help your blood flow, lift your spirit, clean the blood, and keep you from getting sick.

5. **Sleep and relax more.**
   - When you are tired or stressed, your body will crave energy. Try to go to bed earlier. Join a meditation or reiki class to help you relax and sleep better at night.

6. **Take time for yourself.**
   - Each week, make time for things that make you feel good. Take a walk, take a bath, visit a museum, watch a movie, or do something else you enjoy.

7. **Take a look at your relationships.**
   - Some people can drain you. If you have a relationship that drains you, see if you can make it better. Talk to the person, set limits, or end the relationship if you need to.

For questions about wellness, contact
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