

Fighting fatigue



By

A quick walk can boost your energy.

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GateHouse News Service

Mon Jul 12, 2010, 01:52 PM CDT

With the end of summer just around the corner, children aren't the only ones adjusting to a new schedule. Soon you'll be getting up early to make the kids breakfast, rushing to get them to school on time and ferrying them around to after-school and weekend activities. When fatigue strikes, these practical tips can get you going again.

1. Get moving! A brisk 10-minute walk can do miracles when it comes to restoring energy, says Dr. Stephanie Wang, an internal medicine physician at Chicago's Rush University Medical Center. Anything that accelerates the heart rate will give you a second wind.
2. Take a break. When you're feeling tired, taking a five- or 10-minute "power nap" can provide a boost of strength to get you through the rest of the day. You don't have to go to sleep; just put your head down, close your eyes and relax, Wang says.
3. Have a snack. For a long-lasting energy kick, snack on protein or a complex carbohydrate, Wang says. Good choices: string cheese nuts or apple with peanut butter. Water helps, too, New York-based stress management expert Debbie Mandel says. Even minor dehydration can be tiring.
4. Engage your mind. Give your brain a little stimulation with something that requires concentration but is a change of pace from what you had been doing, Wang says. Reading a magazine article, doing a quick Sudoku puzzle or playing a game on your phone will do the trick.
5. Calm down. Stress can be exhausting. It's a little zen, but just looking out the window at a panoramic view or doing a five-minute "visualization" where you put yourself someplace calming while breathing deeply can "oxygenate the brain" and revive your sapped stamina, Mandel says.

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