



# Top 10 Ways to Boost Your Energy & Stamina Naturally





There are many lifestyle factors known to affect energy levels. Learning how to control and successfully manage those factors is key to building stamina and maintaining high energy throughout the day.

# 1. Improve Sleep

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A very critical aspect of restoring your energy is obtaining enough rest and sleep. Disturbed sleep can be another cause of fatigue. Without developing good sleep habits, you will never fully overcome energy problems.





## 2. Get All Your Nutrients

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To boost energy you need healthy highly nutritious foods that are rich in protein and magnesium. Foods that are known to help boost energy levels include: oats, nuts, lean beef, spinach, kale and beans.

# 3. Avoid Sweets

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A diet rich in sugar or sweets upsets the blood sugar levels and can cause fatigue. Consuming sugar in large enough amounts can result in a burst of energy known as a "sugar high" that ends in a sharp drop in energy levels, termed a "crash".







## 4. Control Stress

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Stress and worry are tiring emotions that drain your energy. Chronic stress depletes nutrients and may interfere with digestion. Stress agitates the nervous system, which may result in adrenal burnout and inability to produce hormones that are vital to life.



A woman with long blonde hair in a ponytail, wearing a red and black athletic top and black leggings, is running on a bridge. She is wearing white earbuds. The background shows a body of water and distant mountains under a hazy sky. The text is overlaid on the image.

## 5. Exercise

Being unfit makes you susceptible to tiredness, and being tired means you don't exercise enough. Try to break out of this cycle - Introduce some form of physical activity into your routine and gradually increase the duration and intensity.





## 6. Get Vitamin B12

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Your body needs vitamin B12 to make red blood cells and keep neurons functioning properly. Deficiency in vitamin B12 decreases the amount of oxygen your blood can carry through your body, leaving you with that sleeping-with-your-eyes-open feeling.



# 7. Drink More Water

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According to a recent study dehydration may cause low mood, fatigue and lack of focus. It is believed that as a result of dehydration the neurons in the hypothalamus part of the brain send mood-altering messages to the rest of brain as an early warning to drink more water.







## 8. Avoid Negative People

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Do all you can to avoid people in your life that sap your energy... people that most of the time are negative and are putting you down. Remember not to sink to that person's level by retaliating.



## 9. Go Easy on Coffee

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Caffeine is physically and psychologically addictive. According to research, as little as one standard cup of coffee a day can produce caffeine addiction. This can lead to severe withdrawal symptoms that may include headaches, fatigue, depression, irritability and difficulty concentrating.





A man and a woman are high-fiving in an office setting. The woman is on the left, wearing a light blue shirt, and the man is on the right, wearing a light blue striped shirt and dark trousers. They are both smiling and looking at each other. The background shows office desks, chairs, and whiteboards.

## 10. Get Happier at Work

Research shows that happier employees are more productive in the workplace and less prone to develop "excessive worry" and emotional problems.





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