



FIND THE energy TO exercise

Too tired to work out?
Try these tips to boost
energy and get moving.

1. *Move around.* At work, try to switch between sitting and standing. Doing too much of one or the other may leave you feeling drained.
2. *Sip lots of water.* Starting in the morning, drink water and keep drinking it throughout the day. This can keep energy levels from sinking in the afternoon.
3. *Eat healthy carbs.* Choose whole grains, fruits and vegetables, such as carrots.
4. *Watch your breathing.* Slow, deep breaths can relax and energize you throughout the day.