[IMAGE]

3 Great Energy Boosters for the New Year

By Editorial Staff

Once the holiday season winds down and a new year begins, many people start to wind down rather than winding up. The reason is simple: they're beat. After all, once the partying dies down, the presents are all opened and the relatives leave, you're left with the gloomy prospect of paying the bills, returning to work and enduring another year before the holiday fun returns. Need a little energy boost for 2013? Look no further for three great ideas that are sure to invigorate you.

1. *Early to bed, early to rise:* At first glance this seems counterintuitive, and if it if you aren't fulfilling the other side of the bargain: going to bed earlier. Combat the common energy sappers in the age of electronic overstimulation by turning off the TV, computer and iPhone and turning in for a night of restful, rejuvenating sleep. Start going to bed 15-30 minutes earlier than usual and waking up 15-30 minutes earlier as well. You don't necessarily need to fall asleep immediately, but the mere act of lying down with relative peace and silence will do you body and mind wonders. And waking up earlier - although it can be hard to do sometimes - will invigorate you, especially when it becomes a habit, not a chore. And by the way, there's a direct correlation between productivity and early risers. Be one of the early ones and see how much more energy you have to get things done.
2. energy boosters - Copyright â Stock Photo / Register Mark *You are what you eat:* The body needs fuel to function, and that fuel comes in the form of the food you eat every day. The more often you eat, the more sustained energy you have to keep you going throughout the day. The more fat-laden, processed, sugary foods you consume, the more energy you'll have - for short periods only, followed by what's commonly known as the "crash." So eat frequent small meals light on sugar / fat and heavy on energy-boosting nutrients: complex carbohydrates, fresh fruits and vegetables, and lean protein – and feel you energy rise and your midday fatigue disappear.
3. *Run like the wind:* Quick quiz: Who has more energy in general – someone who exercises vigorously on most days of the week, or someone who sits on the couch watching TV? The easy answer, of course, is the exerciser. While nonexercisers often rely on the theory that exercising is too tiring as an excuse, the reality is just the opposite. Regular exercise actually keeps your energy levels high because your body gets used to moving, working hard and recovering – stronger and more energized than

before. Sure, the first few days or weeks of exercise could be tough for beginners or anyone who took the holiday season off, but you'll be back in the swing of things in no time and reaping the energy-boosting rewards of consistent physical activity.

So, are you ready to boost your energy levels, but not sure exactly where to start? Talk to your doctor of chiropractic for further details on these and other great ways to improve your health by improving your energy.

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