

[IMAGE]

3 Ways to Fight Fatigue

Hiking boots - Copyright © Stock Photo / Register Mark **Get a Move-On**

While it may seem a bit counterintuitive, moderate physical activity actually increases your energy levels. Even something as simple as a brisk walk around the block can be enough to get you out of your couch potato doldrums. In fact, fatigue can be caused by a sedentary lifestyle; the less you move, the more tired you are, particularly when movement is required.

Sandwich - Copyright © Stock Photo / Register Mark **Chow Down**

Eating the right kinds of food at the right intervals is vital to maximizing energy throughout the day. It all starts with a balanced breakfast, followed by small meals and snacks every two to three hours. Choose low-fat, complex carbohydrates to fuel your body, and avoid foods that can deplete energy stores; sugar and caffeine, though temporary boosts, will sap energy quickly.

Pebbles - Copyright © Stock Photo / Register Mark **Stay Balanced**

Stress, anger and other types of negative energy can lead to profound fatigue, particularly if you're losing sleep over it. Obsessing over an irritating co-worker or a personal financial crisis will do little to solve anything, but it definitely will expend valuable mental and physical energy. Whenever you're stressed or angry, find ways to stay balanced and let it all out productively.

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