

[IMAGE]

3 Causes of Low Energy

By Editorial Staff

the meal - Copyright © Stock Photo / Register Mark **The Meal**

Food affects our energy on many different levels. Don't eat enough and you'll feel tired; eat too much and you'll feel sluggish. The types of foods are also key; even a small meal that's sugar- or fat-heavy will weigh you down (literally and figuratively), while the same portion size bursting with complex carbs, lean protein and vital nutrients will provide you with fuel for the entire day.

the couch - Copyright © Stock Photo / Register Mark **The Couch**

People who don't exercise consistently may claim that it would only "wear them out"; people committed to consistent exercise recognize that while the workout itself may leave them exhausted, their energy levels actually soar over the long term. That's because movement is life, and the more you move, work your muscles, and build strength and vigor, the more energy you have.

the world - Copyright © Stock Photo / Register Mark **The World**

Stress is like a siphon draining gas from your car's tank; sooner than later, you're running on empty. When the weight of the world is on your shoulders, your body shuts down. Chronic stress can affect virtually every organ system, putting a tremendous strain on your body. Even your immune system can be affected, increasing your risk of getting sick. And when you're sick, you're usually tired.

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