

### 1 ENERGY GIVING FOODS

Avoid sugary or starchy foods, which give you a short-lived spike of energy and are inevitably followed by a 'crash'. Typical culprits are chocolate bars, muffins or chips but beware of those that are marketed as 'healthy' like many cereals, cereal bars or 'low fat' crisps. A good breakfast is the best way to switch on the metabolic 'ignition key' and prime the cells to produce even energy throughout the day. A couple of eggs with a slice of wholemeal or a big bowl of porridge are perfect. Good amounts of lean protein (found in lean meats, fish, eggs, beans and lentils) with each meal are important too.



### 2 REAL ENERGY DRINKS

Good hydration is absolutely vital for our energy levels, keeping all the nutrients and chemicals flowing to where they need to be. Our body is ideally made up of 70 per cent water (one big puddle!) and to maintain this level, you need to drink at least 1.5 litres of pure water daily, and eat good amounts of water-containing fruits and vegetables each day. Some drinks actually dehydrate you, such as tea, coffee and soft drinks. These same drinks rob you of energy by causing blood sugar highs and lows, the worst of all being 'fizzy' soft drinks and so called 'energy drinks'. Unless you're running a marathon, stay away from those!

# GET ENERGISED

Energy is a precious resource, which underpins everything we do. It can mean the difference between sailing through the day with ease, or struggling to get anything done. Nutritional therapist Angela Steel gives us some tips on keeping those energy levels up.



### 3 RESTORATIVE SLEEP

You need to recharge your batteries regularly and thoroughly. This means getting the amount of sleep you need (most people need at least 7 hours) and making sure it's good quality sleep (by avoiding too much caffeine, or exposure to electronic equipment in the bedroom). The earlier you go to bed (around 10pm is ideal) the more you allow all the necessary healing and repair cycles to take place during the night. Imagine rebooting a very complex computer and allowing it to properly run through all of its scripts: recharging nerve energy, detoxifying, strengthening the immune system, improving memory, reinforcing protection against stress, and more.



### 4 PRODUCTIVE TIME

Regular exercise is a well-documented cure for tiredness, even though it might seem counter-intuitive to go out for a run when all you want to do is go back to bed. Aim for at least two and a half hours of moderate intensity activity per week, like brisk walking, running or swimming, and try to break it down into daily chunks. Exercise enhances the blood flow carrying oxygen and nutrients to muscle tissue cells, improving their ability to produce more energy. It's good to include a 'resistance exercise' routine like weights as well as cardiovascular workouts, as building muscle tissue increases the number of energy producing cells in the body.