



University of California
Cooperative Extension
Tulare County

Agriculture and Natural Resources



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SIX WAYS TO BEAT FATIGUE

We've all occasionally hit that midday slump. But if this is a regular occurrence for you, or if you feel tired most of the day, it's time to take action. Our stressful, hectic lives can run us down. These nutrition and lifestyle tips will help boost your energy and enjoy better health. If you try these nutrition and lifestyle tips and still feel tired frequently, be sure to speak with your doctor. Constant fatigue can be a sign of illness.

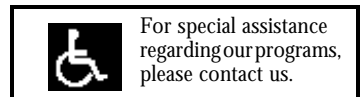
Eat breakfast

There is truth to this childhood message. Eating a meal in the morning helps fuel your day. "A nutritious breakfast really can get you off to an energetic start," says Melanie Polk, Director of Nutrition Education for AICR. Eat a balanced breakfast that contains protein, carbohydrates and a bit of fat. Whole grain toast with peanut butter, sliced kiwis and canned peaches would make a great morning meal. If you're short on time, try lowfat yogurt, a whole-wheat bagel and a glass of 100% orange juice.

Get a good night's rest

Experts say we need a full eight hours of sleep to feel our best. Set regular times for sleeping and waking to establish a sound sleep pattern. If you need to, squeeze in a quick nap during the day. Taking a short nap can restore waning energy. Longer naps may feel good, but they can make sleeping at night more difficult.

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Eat well

“Eat healthful, regular meals to avoid dips in energy level,” advises Polk. “It will also help you be less tempted by high calorie snacks.” Another strategy is to eat smaller meals and have a snack midmorning and midafternoon. Fruits, veggies, whole grain crackers with humus and other plant-based foods can help keep your energy up throughout the day. Finally, eat enough. Diets that don’t provide adequate calories can leave you tired.

Get moving

When you’re out of energy, exercise is probably the last thing on your mind. Yet studies show that physical activity—whether it’s a light stroll in the park or a fast paced bike ride—actually reinvigorates.

Relax

Fatigue sometimes may be a sign of stress. Try deep breathing, drawing, dancing, yoga or reading—whatever helps you relax. You may find yourself feeling more energetic.

Don’t overindulge

There’s no question that this pitfall can trigger fatigue. Drinking alcohol in the evening can interrupt nighttime sleep. AICR recommends avoiding alcohol for cancer prevention. If you do drink, use moderation—no more than one drink a day for women and two for men.

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