We all have experienced a time in our life when our energy level is low; quick fixes like caffeine don’t stand up to the daily demands and we are left feeling overwhelmed by stress and exhaustion. Your body and brain need a sustainable solution – adequate sleep and good nutrition. Sleep is restorative. It allows the body to repair the wear and tear that takes place throughout the day and recharge for the days ahead. Don’t take your sleep for granted. Make it a priority in your day.

Another way to help increase our energy is to eat better. Candy and simple sugars may provide a quick boost of energy but that feeling fades quickly. Aim for consistent, balanced meals and snacks. Eating every 3 to 4 hours can help sustain energy, especially for those who begin to feel sluggish after just a few hours without food. Instead of turning to caffeine or candy, try a vegetable. They make great snacks and can provide a bridge from one meal to the next. Vegetables are low in calories and provide essential nutrients and antioxidants to give our body the ability to protect, repair, and most importantly thrive.

“Your body and brain need a sustainable solution – adequate sleep and good nutrition.”

-Allie Wergin, RDN, LD

Use these quick tips to make it a habit to Energize Your Life:

- Start your bedtime routine 15 minutes earlier.
- Turn off technology at least 30 minutes before bed.
- Incorporate a vegetable in one of your snacks.

- Look up a new vegetable and put it on your grocery list. Try jicama, cabocha squash, or bean sprouts.
- Keep your plate colorful with a variety of vegetables like carrots, beets, or bell peppers.