Some people have the most energy in the morning, some are at their peak in the afternoon, while others hit their stride when the sun sets. Most agree that they wish they had all day energy. Use these tips to energize your day.

- Open your blinds in the morning. Bright light helps you to wake up.
- Eating breakfast with protein such as eggs, yogurt and oatmeal is a great way to kick start your day.
- Move often for more energy. Just 250 steps per hour can keep the energy flowing.
- Find a change of scenery and fresh air to keep you going.
- Drink plenty of water.
- Keep a consistent sleep cycle. Get up and go to sleep at the same time every day—even on the weekends.
- Sleep well. Sleep translates into energy for the next day.
Find more health and well-being information at wespath.org/center-for-health/resources/articles

Provided by Wespath Benefits and Investments’ Center for Health

The Center for Health is providing information in this publication as an educational service to illustrate some practices that may have a positive impact on well-being. The Center for Health’s sharing of this general information should not be construed as, does not constitute, and should not be relied upon as medical advice nor legal, counseling, accounting, tax, or other professional advice or services on any specific matter.