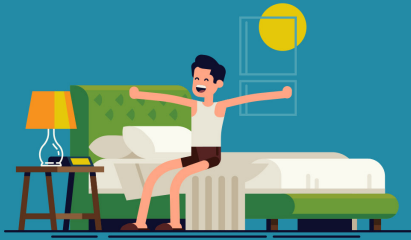


## All Day Energy



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.

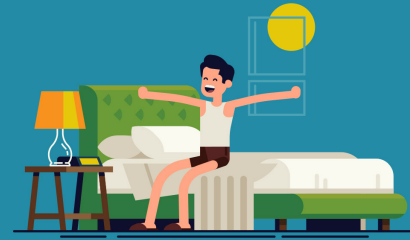


Keep a consistent sleep cycle. Get up and go to sleep at the same time every day—even on the weekends.



Sleep well. Sleep translates into energy for the next day.

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