

7 Ways To Get More Energy

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Are you ready to make Bill Phillips' Eating for Life plan work for you? With this fantastic plan you will have the right recipe to feed your body in a balanced, healthy, hearty, satisfying and effective way. You'll be able to gain energy, build strength, look and feel younger and reduce body fat. [Click here to get started today!](#)

And what is a man without energy? Nothing -- nothing at all.
-- Mark Twain

If you are like the majority of people out there, you are working more than ever and getting less sleep than you need. Not to mention the fact that you probably resort to eating on the run or skipping meals all together. There's no doubt about the fact that we are living in a stressful world. That old Chinese curse is still very much alive and well: "May you live in the most interesting of times."

The good news is that there are some things you can do to [replenish your body's energy supplies](#). A few basic lifestyle modifications can help you recharge your batteries. So the next time you start feeling as sluggish as Slowpoke Rodriguez from those old Looney Tunes cartoons, use these tips to transform yourself into Speedy Gonzales.

Since there is no magic formula, it will probably take a combination of factors to keep your energy levels high. Try to incorporate as many of these 7 tips as you can:

Drop Those Extra Pounds

Being overweight not only increases your overall risk for health problems such as heart disease, type 2 diabetes and stroke, but also depletes your body's basic energy supplies. The good news is that even a little weight loss goes a long way.

You'll be amazed at how much difference losing just 5 percent of your body weight can make towards increasing your energy levels. As Confucius said, "The journey of a thousand miles begins with a single step." Similarly, the best way to lose weight is to take off 1 to 2 pounds a week. This moderate approach is healthier for your body, and research shows you have a better chance of keeping those pounds off. Remember, slow and steady wins the race.

Eat Healthy Foods

Following [a healthy meal plan](#) is an essential way to get more energy. Whatever plan you choose, be sure to include a variety of healthy foods and avoid skipping meals. You wouldn't expect to get the maximum performance out of your car if you filled it with low grade fuel, or if you didn't put any fuel in it at all (although the thought is certainly tempting with the rising price of gas these days). Treat your body at least as well as you treat your car.

And, speaking of eating, be particularly careful about what foods you choose to snack on during the day. When you start to feel tired, your first instinct might be to head to the nearest vending machine for a bag of chips or a candy bar. Though these foods may give you a quick fix of energy, they will soon leave you feeling more tired than you were before. Limit your intake of processed snacks, or eliminate them from your diet altogether. Instead of wasting your change on vending machine food, why not pack some healthy snacks like apple slices or carrot sticks?

Choose Healthy Beverages And Energy Drinks

As for beverages, there are healthier alternatives to coffee, sugary soda and the highly-caffeinated "energy" drinks. Next time you have the urge to pour yourself yet another mug of coffee, try some green tea instead (which has less caffeine). And, if you are looking for any added boost, you might consider trying one of the healthier varieties of "energy drinks" on the market.

Now, when I worked on the staff of my college newspaper, grabbing an energy drink meant chugging down a can or two of Jolt Cola in preparation for a long night of deadlines. The gold lightning bolt on the can was enough to give you confidence in the product. Though it is a little harder to find these days, this soda with "all the sugar and twice the caffeine" is still available. In fact, it even comes in re-sealable aluminum bottles shaped like giant batteries. However, there are plenty of other energy drinks to choose from these days, and some of them are made with healthy ingredients.

For instance, New Sun Nutrition now offers an antioxidant energy formula known as FRS Plus, which combines some of the most powerful flavonoid antioxidants found in nature with other key vitamins and metabolic enhancers. In fact, a recent clinical trial conducted at Pepperdine University revealed that cyclists taking FRS Plus every day were able to drastically improve their time trials performance over a 6-week period. The folks at New Sun Nutrition were kind enough to send me a sample. Their product is available in two great-tasting flavors, and it really did make me feel more energetic. So, if you want to find out more about FRS Plus, [click here](#) to visit their website.

Exercise Regularly

Let's face it: human beings weren't born to be sedentary creatures. If you want to be full of energy, you've got to get yourself moving. Adopt a workout program that combines cardiovascular exercise with resistance training. Try to fit exercise into your

schedule at least three to four times a week for at least 30-45 minutes each session. Be sure to consult your physician before you begin any new exercise program though. If it has been awhile since you last exercised, adding fitness to your routine may make you more tired at first. If you keep at it, your body will adjust, and you will start to feel more invigorated.

Also, while there is nothing wrong with going to the gym, try to spend some time exercising outdoors as well. The fresh air will do you good. If nothing else works, take a 20-minute walk every day during your lunch hour.

Get Plenty Of Sleep.

It is no wonder we don't have enough energy. Recent news stories reveal that over 33 percent of Americans suffer from chronic insomnia. In order to help them sleep, many people also take over-the-counter sleep medications that make them tired during the day.

Getting a proper amount of rest is absolutely essential for building your energy resources. If you frequently burn the midnight oil or have a fitful sleep, it stands to reason that you may start to feel a little run down. Though everybody is different, most people need at least seven to eight hours of sleep per night in order to function at their best.

If you have been lacking energy, try going to bed earlier at night. If you can wake up feeling well-rested, it will be an indication that you are starting to get an appropriate amount of sleep at night. If you sleep more than eight hours every night but still feel sluggish, you may actually be getting too much sleep.

Once in awhile, you are bound to have nights where you don't get an adequate amount of sleep. However, if you suspect that you have a sleep disorder, please see your personal physician. When your schedule permits, you can also consider taking a power nap during the day. You don't have to be in kindergarten to enjoy "nap time." Sometimes taking a quick power nap is the perfect way to recharge your batteries.

Manage Your Stress.

These days, most people's schedules are more hectic than ever, so stress is one of the primary causes for exhaustion and fatigue. Though a certain amount of stress is inevitable, you can eliminate some of it with better organization and planning. Yoga and meditation are also great ways to diffuse stress and feel energized. There are many different types of meditation, but hopefully you can find one that makes you feel at "Ohm On The Range" (sorry, I couldn't resist).

Schedule Time For Fun.

While life can sometimes be physically and emotionally draining, the best way to replenish yourself is to make time for the activities that you enjoy the most. Squeeze in a round of golf, or spend a day at the beach. Go see a movie, or curl up with a book you enjoy. Whatever you choose, be sure to make time for valuable activities and spend time with the most important people in your life: your family and friends.

To get on the road to lasting weight loss, [click here](#) and fill out a free diet profile.