



Do you feel your energy level dropping every afternoon like clockwork?

According to Sherry Torkos, pharmacist and author of *The Canadian Encyclopedia of Natural Medicine*, there are a few simple ways we can beat that mid-day slump and quickly recharge.

5 Quick Tricks to FIGHT FATIGUE

Laugh ①

A good laugh raises blood pressure and will boost your heart rate, which can pump you up when you're feeling sluggish.

Relax ②

Stress has a significant effect on your energy level. It can leave you mentally and physically exhausted. Reduce stress by adding relaxation activities, such as deep breathing, stretching and meditation into your day to keep your energy level up.

Walk ③

Even if it's for just 15 minutes, taking a break away from your desk can help you re-energize and re-focus. Whether it's a quick walk or a longer lunch, try and get some fresh air to revitalize yourself and remember to leave any electronic devices back at your desk.

Hydrate ④

Adequate hydration plays a large role in making you feel energetic. To ensure you consume enough water throughout the day, keep a large jug or 1.5 L bottle of water nearby and drink it whether you are thirsty or not.

Beware of certain foods and beverages, such as energy and soft drinks that provide only a temporary energy lift and are associated with multiple health risks due to high calorie counts. Nestlé® Pure Life® Sparkling Natural Spring Water provides a refreshing hydration alternative for a quick afternoon pick-me-up free of sugar and calories.

Sleep ⑤

If your body isn't rested at the start of the day, it is even more difficult to avoid the mid-day slump, as sleep deprivation is a common cause of fatigue.

Develop good sleeping habits by going to bed and rising at approximately the same time every day.

Aim for eight hours of restful sleep and avoid caffeine in the evening. Making your bedroom quiet and dark and doing relaxing activities before bed can help ensure a restful night.