# Boost Your Energy Levels in 10 Minutes

When low energy threatens to drag you down, don’t turn to an energy drink, or candy to lift you back up. While the sugar and caffeine might provide you with a quick pick-me-up, it will quickly wear off leaving your feeling even more drained. Here are lasting fatigue fighters that will leave you feeling refreshed and vitalized and ready to tackle your day.

## Eat Your Breakfast

People who eat a balanced breakfast every morning report that they experience less fatigue and stress than those who skip it. Eating high-fiber foods, like oatmeal, will stick with you longer than a sweet roll. They will prevent you from getting hungry as the day wears on, keeping your energy levels high.

## Strike a Pose

Recent studies have shown that yoga can be an excellent fatigue fighter. It uses various postures and deep breathing to help get your heart pumping and oxygen circulating. Both of which can provide you with an instant energy boost.

## Drink Water

Not drinking enough water during the day can lead to dehydration which can leave your feeling fatigued. You want to drink enough water to keep your body well hydrated. You can tell when you’re well hydrated because you won’t feel thirsty and your urine will be light in color.

## Eat Nuts

Almonds and peanuts are high in magnesium and folate, which are essential nutrients your body needs for energy and cell production. If your body lacks these nutrients, it can leave you feeling weary. When your energy is low, eat a handful of nuts.

## Grab a Cinnamon Stick

Just getting a whiff of this spice has been shown to reduce fatigue and make you feel more alert. If you don’t have any cinnamon handy, you can also grab a mint. The sweet aroma of peppermint has also been shown to have an effect on fatigue for some people.

## Get Moving

Exercise is a natural energy booster. This is because when you exercise oxygen-rich blood floods your body, flowing to your heart, muscles, and brain. Even if you are only able to spare 10 minutes at a time, squeezing in regular exercise will help keep your energy levels at their peak.

## Get More Sun

Just spending a few minutes outside on a warm, bright day can lead to an enhanced mood, better memory, and an increased ability to absorb new information. Getting out can also help improve your self-esteem.

Incorporating even one of these energy-boosting activities into your day can help you fight fatigue and increase your energy levels throughout the day.