# Increase Your Energy Levels with These 5 Tips

It is becoming more challenging to maintain high levels of energy because of our full lives, high workload, and bad habits. Having enough energy to tackle all your responsibilities is essential for getting things done. If you're struggling with fatigue, and finding it more challenging to keep your energy high, here are a few tips to help you eliminate fatigue and accomplish all your tasks during the day.

## Tip #1 – Limit Screen Time

According to a recent study conducted by Dr. Marc Bergman, a neuroscientist at the University of Michigan, television isn't as restful as you may think. As you age, smartphones and TVs have fewer and fewer stress-reducing benefits. Rather than turning to a screen to unwind, it is recommended that you read, talk with friends, work out, or go for a walk. Disconnecting from technology can help to clear your mind before bed, resulting in improved quality of sleep and increased energy.

## Tip #2 – Exercise

Even though you may feel like skipping the workout at the end of an especially exhausting day, you shouldn’t because it has been proven that exercise gives you energy. It also helps you sleep more soundly, gives your cells more energy to burn, and increases the circulation of oxygen throughout your body, as well as relieving stress.

## Tip #3 - Maintain a Balanced Diet

Get more energy by consuming vegetables and lean proteins throughout the day. When you are stressed and suffering from fatigue, you may be tempted to reach for an unhealthy snack like chips and cookies. However, if you want to maintain a high level of energy throughout the day, you need to consume healthy snacks and meals. Reach for vegetables, nuts, and whole grains to help you replenish your energy.

## Tip #4 – Stay Hydrated

One of the first symptoms you’ll experience when you become dehydrated is fatigue. Help manage your energy levels and your metabolism by making sure you drink enough water throughout the day. Nutritionists and doctors say that we should be getting eight, eight-ounce glasses of water every day.

## Tip #5 – Limit Caffeine

While studies show a couple of cups of coffee in the morning and one in the afternoon, before 2 p.m. can be useful for you, it is essential that you don't overdo it. Too much caffeine can lead to feelings of anxiety, insomnia, rapid heart rate, and fatigue.

You don’t have to continue to suffer from fatigue. Follow these simple tips to eliminate exhaustion and increase your energy levels.