**The Best Ways to Combat Fatigue**

Fatigue is a common complaint, especially for those who are approaching middle age. Fortunately, there are plenty of easy ways you can boost your energy and eliminate fatigue. Here are the best ways to refill your tank when your energy levels start to sputter out.

## Practice Yoga

While most exercise is good for increasing energy levels, yoga may be especially beneficial when you need to increase your energy. Practicing yoga once a week for just six weeks has been shown to improve your mind’s clarity, energy, and confidence.

## Drink Plenty of Water

Dehydration will quickly zap your energy and impact your physical performance. Along with causing fatigue, dehydration has also been shown to decrease concentration and alertness. If your urine is darker than a pale yellow or straw color, you are suffering from dehydration and need to drink more water.

## Get Enough Sleep

A lack of sleep is not only one of the leading causes of daytime fatigue, but it can also increase the risk of accidents. To combat fatigue, get to bed early enough that you can get a full night’s sleep. If you are unable to get a full eight hours of sleep at night, take a brief afternoon nap to catch up. Napping has been shown to restore wakefulness and promotes performance and learning.

## Eat More Fish

Omega-3 oils are good for your heart, and may also be beneficial for boosting alertness. Taking fish oil capsules for 21 days can increase your mental reaction times and help you to feel more vigorous.

## Shed Extra Pounds

Losing the extra weight can provide you with a powerful boost of energy. Even small reductions in your body fat can help to improve your mood, vigor, and quality of life. Try cutting back on portion sizes, eating balanced meals, and increasing your physical activity to get rid of the extra weight that is depleting your energy.

## Keep Time with your Body Clock

You may get your burst of energy first thing in the morning, or you may do your best at the end of the day. Everyone has differences in their daily energy patterns, which are determined by your brain structure and genetics. This can be challenging to change. Instead, learn your circadian rhythms, then schedule demanding activities when your energy levels are at their peak.

Don’t let constant fatigue keep you down. Learn the best ways to combat fatigue and start enjoying a boost in your energy levels and start living your best life.