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4 ways to boost your energy levels

Put the spring back in your step with these simple lifestyle changes

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Image Credit: Getty Images

1. Work out early

We know the shriek of a 5am alarm is like audio kryptonite, but working out in the mornings will boost your energy levels. The reason? When you exercise in the morning it jump-starts your metabolism and keeps it elevated. That means you're burning more calories just because you exercised early.

2. Prepare for PMS

Hormones can hijack your energy levels if you're not prepared. "Some all-natural remedies include filling up on fruits and veggies, eating more fibre and avoiding salt and caffeine," says Eva Cwynar, author of *The Fatigue Solution: Increase Your Energy In Eight Easy Steps* (Dh56, www.amazon.com).

3. Banish midnight feasts

"Eating high-fat, highsalt, high-calorie meals before bed is a huge no-no," says Joy Bauer, author of *Food Cures* (Dh80, www.amazon.com). "Besides leading to weight gain, these foods can zap your early-morning energy." Instead, Bauer recommends eating by 6pm. "You'll wake up feeling refreshed, not lethargic," she says.

4. Stretch yourself

While you might not feel like doing the Downward Dog in your office cubicle, light stretching at your desk helps to boost energy. Stretching causes you to breathe deeply, which increases oxygen to the brain and helps to wake you up. It also relieves muscle tension, which frees up energy.