

8 Tips to Instantly Boost Your Energy

Tired? Here's how to transform your body into a fatigue-fighting machine.

Get Energized

Feeling sleep deprived and yawning at your desk? Follow these tips on how to transform your body into a fatigue-fighting machine.

Yawn Away!!

"Yawning is your body's way of cooling down the brain, essentially waking it up" explains Andrew Gallup, PHD, A research associate at Princeton University.

Get Moving!! - Use the CMS Walking Trail!!

Two hours.

That's how long you'll feel revved up after taking just a 10-minute walk, according to a study in Personality and Social Psychology... Get a friend to join you!!

Go to You Tube

It's official: we give you permission to watch that dancing hamster video at work. A good laugh raises your blood pressure and boosts heart rate, too, which can pump you up when you're feeling sluggish, says Robert R. Provine, PHD, author of *Laughter*.

See some red?

Spotting something scarlet can actually kick you into high gear. Seeing the fiery color makes your muscles move faster and work harder, giving you a burst of energy when you need it most, according to University of Rochester research.

Keep crimson flowers in your sight line to pep up a jam-packed day.

Sprinkle these

Not into espresso shots, we hope!! Get your energy from chia seeds. They're packed with a revitalizing combo of B vitamins, fiber and protein, so they pick you up without making you jittery.

You can simple stir them into your yogurt!

Stretch it out

Dragging? Try this invigorating stretch: Stand in a doorway, facing forward with feet several inches apart, and reach to the sides of the frame. Grab the frame with your fingers, then push your chest forward until you feel a stretch in your torso and back: hold for 30 seconds.

"This stretch stimulated the sympathetic nervous system," explains Timothy McCall, MD, a yoga instructor in Oakland, California, "so it's energizing for the body and mind."

Exercise - Use the new CMS Wellness Room!! Go check it out!! R-406

Fifty-eight percent of women feel most energized after they've had a workout, according to a Health.com poll. We bet it is the same for men!!!

Eat nutritiously

Studies show omega-3 acids improve mood and brain function, essential for avoiding a midday slump.