

ENERGIZE YOURSELF

*How to Fight Fatigue with Fitness,
Food & Smart Lifestyle Shifts*

Brought to you by www.HowToGetFlatAbsFast.org



Introduction.....	3
Medical Reasons for Tiredness & Fatigue.....	5
Diabetes	5
Depression.....	6
Anxiety	6
Anemia	6
Sleep apnea	7
Glandular Fever	8
Restless Leg Syndrome	8
Celiac Disease	9
Chronic Fatigue Syndrome.....	9
An Under-Active Thyroid	9
Energy Boosting Workouts	10
How Does Physical Movement Create Energy?.....	10
What Workouts Are Best for Energy?.....	11
How to Deal with Post-Exercise Fatigue	13
Everything You Need to Know about an Energy Boosting Diet.....	14
When to Eat.....	18
Supplements That Energy to Your Life	18
Energy Boosting Lifestyle Tips.....	19

Introduction

Do you often feel tired or out of energy? Lifestyle choices, poor diet and a lack of physical activity all influence your energy levels. If you frequently reach for a cup of coffee, sugary snack or energy drink to lift your energy, you are not alone. Nearly half of all American adults report problems sleeping, and this causes problems with energy during the day. Workers with untreated sleep problems are at least 50% less productive, meaning they earn less money in their careers, and for the companies they work for.



If you fall asleep at the wheel for just 4 seconds at a speed of 62 miles per hour (100 kilometers per hour), your vehicle travels 111 meters without your control. That's 364 feet, 64 feet longer than an American football field. Fatigue-related vehicular accidents cost more than \$3 billion in total costs per year ... and that's just in Australia.

As you can see, fatigue is a serious problem, accounting for much more than just personal drowsiness or a lack of energy.

Fortunately, there are some simple moves you can make to elevate your energy levels. You don't need to nod off in the middle of the day, or behind the wheel of your vehicle. Small changes in your diet, lifestyle and physical activity level can add up to big boosts in energy. This provides plenty of natural energy, so you don't reach for unhealthy foods and beverages to keep you alert.

This report was written to provide you with the tools to crank up your energy levels in the safest ways possible. You will learn what illnesses and diseases have fatigue as a primary symptom. These problems could be the reason why you feel lethargic and out of energy. You will also discover how physical activity and movement create energy.

Not only that, but you will find out exactly what type of exercise you should be doing to beat fatigue and tiredness, and help you stay alert and aware. This report will show you everything you need to know about an energy-boosting diet, those foods and beverages to eat and to avoid, and what vitamins or supplements power up your energy.

Medical Reasons for Tiredness & Fatigue

If you have ever been severely ill in your life, you know how debilitating physical health problems can be. They often sap every bit of your energy, and in some cases you are even bedridden because you can't even endure the simple act of walking. Some medical problems take so much of your energy you can't keep your eyes open. The following medical conditions often have extreme fatigue as the number one symptom, and could be the reason you are feeling less than energetic.

Diabetes

Diabetics have to monitor their blood sugar levels closely. If not, the amount of sugar in their blood can become dangerously low or high. In some cases, this causes the patient to feel extremely tired. Type 2 diabetes can be prevented by making the lifestyle, diet and exercise choices we will be mentioning later in this report. If you have been diagnosed with diabetes, following that advice can help raise your energy levels and reduce problems maintaining a healthy blood sugar level.



Depression

Depression is often under-reported. Some people do not know they are clinically depressed, and just think maybe they are not having a good day, that they will get over their poor feelings. When you feel overwhelmed and "down in the dumps" on a regular basis however, depression may be the diagnosis, rather than just having an off day. Depression is a medical condition which needs to be treated, or else it can lead to much more serious problems, and in extreme cases, suicide attempts.

When you are depressed, the chemical processes going on in your mind and body cause hormonal imbalances which can drain you of energy. Those who are depressed often feel tired and fatigued, but can't fall asleep and have problems waking up in the morning. This makes you feel extremely tired during the day, often leading to unhealthy food and drink choices for a quick energy boost.

Anxiety

It is absolutely normal to feel anxious or concerned at times. Your finances, relationships and occupation can drive you crazy sometimes. However, there is a condition called generalized anxiety disorder (GAD), which affects as many as 1 in 20 people. This is frequent and uncontrollable feelings of anxiousness and concern which are so powerful they interrupt your ability to function normally.

Aside from constant worry, emotional highs and lows and a feeling of irritability, people with GAD often feel extremely tired. This is because the constant mental stress from worrying literally every minute and hour that this person is awake burns up a lot of energy. If you or someone you know appears overly anxious most of the time, many times for no sensible reason, a trip to the doctor or an anxiety specialist is definitely warranted.

Anemia

Like many of the diseases or medical problems which cause fatigue, a worn-down, run-down feeling or a lack of energy, this condition is linked to a poor diet. So many things in your life can be corrected by making dietary changes. Doctors, nutritionists and other health professionals now know that as much as 65% or 75% of your level of fitness and wellness is linked to nutrition.

This means that if you enjoy an unhealthy diet, all the exercise and physical activity in the world will only minimally offset the damage that is created by the unhealthy foods and drinks you are putting into your body. This is the case with anemia.

Iron helps keep you feeling energetic and active. When you do not get enough iron in your diet, which is the case with many modern-day people that eat lots of processed and fast foods, you can become anemic. Postmenopausal women often develop anemia.

It is thought to be even more common in women who are still experiencing their periods, women with heavy periods, and those who are pregnant. If you have the feeling that you can't be bothered to do just about anything, your muscles feel heavy and you tire rapidly, talk to your doctor about the possibility of iron deficient anemia. While this condition is more prevalent in women, men are certainly not excluded.

Sleep apnea

Just as anemia is more likely to occur in women than men, sleep apnea is usually a health problem men experience. This is a condition where your breathing pathway narrows, or even closes entirely, during sleep. This repeatedly and constantly limits the natural airflow which provides valuable oxygen to your entire body.

Almost always accompanied with loud snoring, this health problem can do more than just drive your spouse out of the bedroom for a reprieve from your grizzly bear snoring.

It interrupts healthy sleeping patterns. This means you may unconsciously wake up multiple times during the night, and since you never move through a complete sleep cycle, you can feel beat down and tired during the day. If you drink alcohol or are an overweight middle-aged man, and you feel exhausted during the day, talk to your doctor about sleep apnea being a probable cause.



This is something that must be treated, as it can lead to significant health problems such as high blood pressure and other heart related problems, and increases the risk of recurrent heart attacks.

Glandular Fever

This usually happens in maturing teenagers and young adults, as their bodies are going through significant hormonal changes. This condition can often last for several months, but usually clears up on its own in 4 to 6 weeks. Extreme exhaustion accompanies swollen glands, a sore throat, and fever in this very common viral infection.

Restless Leg Syndrome

If you experience uncomfortable, tingling sensations in your legs while you sleep, you could have restless leg syndrome. This is more than just a condition where someone tosses and turns all night long.

While you are awake or asleep, your body triggers an overwhelming urge to keep moving your legs. You may alternately feel a deep aching sensation in your legs.

You may also spontaneously feel your legs kicking and moving. As you can imagine, this disrupts healthy sleep patterns, and can cause you to feel exhausted and tired throughout the day. In some cases, this happens without waking the person with this condition. When it is progressive, it can awaken you several times during the night.



Celiac Disease

Some people have a natural intolerance to gluten, a substance found in wheat as well as other breads, cakes, cereals and baked goods. This is a common health problem that goes untreated, because the symptoms are not always severe enough to cause alarm in many people that have it. One study in the United Kingdom suggests that as many as 90% of people with celiac disease don't know they have the condition. This can lead to weight loss, anemia, diarrhea and constant fatigue.

Chronic Fatigue Syndrome

This condition is also known as myalgic encephalomyelitis, or ME. If you have exhaustion and tiredness that is so severe you lose the ability to function normally, and this condition lasts for at least 6 months, you may be diagnosed with ME. Accompanying symptoms include muscle and joint pain, a headache or sore throat.

An Under-Active Thyroid

When you have too little of the thyroid hormone thyroxine in your body, often the first symptom that presents itself is exhaustion. You feel tired and run-down. A simple blood test can reveal whether you have an under-active thyroid or not. This condition is often accompanied by aching muscles and joints, is most prevalent in women, and happens more often as you age.

Any time your health is negatively impacted in such a way that your normal routine suffers, see a doctor. Many of the 10 health problems just listed respond effectively to regular exercise and a healthy diet. Those two lifestyle activities can also prevent many of the above conditions from developing.

Let's take a look now at the role physical activity plays in creating naturally high levels of energy.

Energy Boosting Workouts

The idea that movement and exercise make you healthier than sitting and not moving is nothing new. The only question is, how long should you be active?

- The American Heart Association, Mayo Clinic and UK Health Services all agree on how much exercise you should be performing weekly. If you get 150 minutes of moderate to vigorous physical activity each week (for example, 30 minutes a day for 5 days), you improve your health. Moderate exercise can be walking or hiking, and more vigorous movement could be cycling or playing racquet sports.
- The National Cancer Institute and Harvard University in the US teamed up with health authorities from the UK and around the world for an extensive study on exercise. They poured over health, lifestyle, physical activity and death records of more than 600,000 adults. They found 7.5 hours of moderate exercise like walking each week led to the longest lifespans.

That 450 weekly minutes can be spread across your week in any number of sessions. In other words, 3 weekly sessions of moderate physical activity lasting 2.5 hours each offers identical health rewards to 15 sessions of 30 minutes each. If you are able to make 20% or 30% of your exercise vigorous as opposed to moderate, your longevity and energy improves further still.

- Walking 10,000 steps each day is another widely accepted approach to good health, and higher energy levels. This is about 5 miles, depending on your stride. People walk at an average of 2.75 to 3.50 miles per hour, so doing this every day would equate to 9 to 12 hours of weekly steps.

How Does Physical Movement Create Energy?

A study conducted at the University of Georgia in the United States shows the link between exercise and energy. Adults that enjoyed just 20 minutes of aerobic exercise (brisk walking, cycling, boxing, swimming, jogging) 3 days a week reported less fatigue and more energy after just 6 weeks. Follow the recommendations listed above by the Mayo Clinic and UK Health Services, and you will be 2.5 times more active, leading to more energy.

There are several ways that physical movement "creates" energy in the human body.

When you experience moderate to vigorous physical activity, you sleep better. Studies show fewer complaints of sleep problems in those that exercise regularly. Good, wholesome, restful sleep means you are not drowsy when you awaken, and you have more energy throughout your day.

When your brain recognizes physical exertion, it triggers the release of dopamine, endorphins and other chemicals and hormones that make you feel happy and alert. Stress hormones like cortisol are released in lower supply, so you feel less stress. Stress is a major robber of energy. Exercise also cranks up your metabolism and blood flow, lowering the likelihood you will develop anemia, obesity, diabetes and many more of the energy thieves mentioned earlier.

What Workouts Are Best for Energy?

Aerobic exercises like those listed above produce energy very efficiently. Strength and resistance training exercises build muscle, burn fat and calories. A combination of those two exercise types is best for overall health and wellness, as well as boundless, natural energy.



Here is a more complete list of some aerobic, cardiovascular exercises.

- Water aerobics
- Swimming
- Running
- Walking
- Dancing
- Team sports
- Aerobic classes
- Boxing
- Rowing
- Cycling

Here are a few ideas for resistance training.

- Weightlifting
- Working out with resistance bands
- Body weight training

When lifting weights, you want to stress your muscles so they grow back bigger and stronger than before. This means working out with weights you can only lift a maximum of 8 to 12 repetitions per set, for 3 sets. Once you surpass those set and repetition levels, increase the amount of weight you work out with.

Body weight training uses nothing more than your body, the force of gravity, and specific movements to build strength and lean muscle.

This includes functional resistance exercises such as lunges, squats, chin-ups, sit-ups, push-ups, planks and leg raises.

How to Deal with Post-Exercise Fatigue

It is natural to feel a little bit worn-out after intense or vigorous exercise. Recovering with some post-workout protein in the form of nuts, fish, poultry, lean beef or a protein shake will give your body the nutrients it needs to maximize the results from your exercise. This also limits your fatigue and exhaustion after working out.

You should consider eating a small amount of carbohydrates as well as some protein before your workout as well. Stay hydrated during exercise that lasts more than 15 or 20 minutes. Cooling down by walking for 5 or 10 minutes after exercise with your hands above your head is another tip to help you minimize exhaustion after strenuous physical activity.

Everything You Need to Know about an Energy Boosting Diet

What foods should you be eating to boost your energy levels? Add plenty of the following healthy foods to your diet and you not only benefit from more energy, but you also limit the risk that energy-robbing conditions like diabetes, obesity, stress and anxiety will impact your life.

Natural Whole Grains

Whole grains, wheat and oatmeal take a long time to digest. This levels out your energy throughout the day, since complex carbohydrates provide you with positive energy. Steer clear of processed grains, which are simple carbohydrates, because they are broken down quickly and often stored as fat before your body has a chance to use them for energy.

Nuts

Walnuts, almonds and other nuts deliver good fats that your body needs. Nuts are also full of carbohydrates, fiber and protein, a powerful trio of natural energy-boosters. Make sure you opt for nuts that have not been salted, coated or processed.



Hummus

A staple in the heart-healthy Mediterranean diet, hummus is basically mashed chickpeas or garbanzo beans. The ingredients in hummus contribute protein and fiber that help stabilize your blood sugar, satisfy your hunger signal, and crank up energy reserves.

Fruits

Fruits supply you with natural sugar that is so much healthier than refined sugar. The enzymes, nutrients and vitamins that accompany the fiber in fruit work with carbohydrates to naturally crank up your energy level.

Fish and Shellfish

Opt for wild-caught fish and shellfish whenever you can. Extremely high levels of omega-3 essential fatty acids, essential vitamins, minerals and protein are found in fish like salmon. Enjoy 4 to 6 ounces of seafood at least 3 times a week to fight exhaustion and fatigue.

Bananas

Bananas are full of B vitamins, and as mentioned earlier, all of the B vitamins contribute natural energy to the human body. The potassium and fiber in bananas promotes sustained energy levels, muscle function, and a healthy digestive process that keeps you from becoming overweight or obese. As a pre and post-workout snack, bananas are well-known in the fitness community.

Oatmeal

The perfect companion to banana slices for breakfast, oatmeal is a nutritionist's favorite recommendation for overall health and wellness. Here we find plenty of healthy fiber once again, regulating a digestive process and making you feel full longer throughout the day. This stabilizes blood sugar levels, and you may find eating more oatmeal means you don't require that morning cuppa Joe anymore.

Beans

Once again we see the energy-boosting trio of fiber, protein and carbohydrates present in beans. They are extremely versatile, can be eaten alone, added to salads or soups, mashed into pastes and spreads, and are a great source of B vitamins.

Dark Leafy Vegetables

Did you know that the darker the color in leafy veggies like spinach, chard and kale, the higher the number of nutrients? Dark leafy greens and vegetables of other dark colors are also very high in fiber, which aid in a healthy digestive process. Calcium, iron, vitamins A and C, minerals, nutrients and antioxidants are found in abundance in leafy vegetables, and the darker the hue, the more energy-boosting qualities.



Natural Dark Chocolate

This doesn't mean that candy bar you love that has dark chocolate is good for you. We are referring of course to natural, unprocessed, dark chocolate. An antioxidant called Flavanol is found in high quantities in dark chocolate, and helps keep your heart working properly. The healthier your heart, the more oxygenated blood is pumped through your body, and the higher your energy levels.

Asparagus

Another food high in B vitamins which naturally support high levels of energy, asparagus is fiber-rich as well. It contains several nutrients and vitamins, and can boost your health in a number of ways while simultaneously turning up your energy.

Cardamom

This spice has been used in Asian cultures for centuries to increase energy and boost blood flow. It expands the small blood vessels to help you beat fatigue and exhaustion, and can be sprinkled on any number of foods.

Water

You may be wondering how in the world water can give you energy. It does this by flushing your body of dangerous toxins, poisons and other chemicals that can do harm to your organs. If you drink 8 to 16 ounces of water before you do anything else to start your day, you begin to detox your body immediately, and you boost a healthier metabolism when you drink water throughout the day.

Drinking water 30 or more minutes before a major meal will boost your digestion as well. Wait at least 60 minutes after your meal to drink another glass of water, and this will help with the absorption of the nutrients present in the food you eat. Add the juice from half of a lemon to your first-thing-in-the-morning water habit and you boost the detox process even further.

When to Eat

Many diet programs tell you to eat less. We are telling you to eat more ... more frequently, that is. Every time you eat, even just a small snack, you get your metabolism rate going. Eating 5 to 6 times a day is always going to be better than enjoying just 2 or 3 large meals. This process is also easier on your digestive system.

Schedule 3 meals and 2 or 3 snacks every day, and space those meals evenly across your day. Eat the foods listed above. Eat them raw whenever it makes sense, and if you cook them, choose broiled, baked or lightly sautéed over fried, canned, frozen or boiled.

Supplements That Energy to Your Life

If you eat a lot of processed foods, you could be vitamin or nutrient deficient. Taking the following supplements is a simple move to make sure you are getting essential, energy boosting nutrients into your body.

- All of the B vitamins
- Magnesium
- Zinc
- Vitamin C
- Omega-3
- Vitamin D3

Now you know what to eat, when to eat and how to exercise for maximum energy. Let's look at some simple lifestyle changes you can make that join regular exercise and a healthy diet to create a powerhouse of vitality and energy.

Energy Boosting Lifestyle Tips

If you practice the diet and exercise tips mentioned above, you can't help but become healthier. Your body will automatically learn how to burn fat for fuel, you will build muscle that effectively burns fat and helps regulate a naturally healthy body weight, and you improve your chances of avoiding chronic illness and disease. Add the following energy-boosting lifestyle tips and you very well could enjoy the best health and most energy of your life.

Get outside – Indoor environments pump manufactured air in and out of your surroundings. Coupled with artificial lights and possibly the presence of secondhand smoke and other manufactured toxins, the air in indoor environments is almost never as healthy as the air outside. The further away you can get from civilization, the better.

Add a few plants to your indoor environment – One way to instantly help improve the quality of the air you breathe indoors is to add plants. Plants are excellent air filters, and they improve the oxygen level in every room you place them.

Stop smoking tobacco – You are kidding yourself if you think the occasional cigarette is not doing you any harm. Every time you inhale the tar, nicotine and long list of unhealthy chemicals found in tobacco and cigar smoke, you are robbing yourself of health and energy.



Cut back on the alcohol – Enjoying a beer or a glass of wine every now and then helps you manage stress levels, and is actually good for your health. This does not mean it is smart to start hitting happy hour every day after work, however.

Enjoy a good laugh – They say laughter is the best medicine, and there are plenty of mental and physical health benefits that back this up. It is just impossible to feel worn down, tired and lacking energy when you are laughing and smiling.

Use natural light whenever you can – This may be difficult at the workplace. At home, enjoy as much time using natural light from windows and skylights. Using as little artificial light as possible at home will also help you regulate a healthy sleep schedule.

Take a cold shower – Do you need an immediate energy boost? Hot showers help you fall asleep faster, and a cold shower wakes you up instantaneously. This is because your body has to draw on energy supplies to keep your body temperature in a safe range. It's also a good way to relieve stress in your muscles.

Become aromatherapeutic – Aromatherapy uses a diffuser or some other method to add essential oil vapors and carrier oils into the air you breathe. Peppermint is one of a few essential oils that keeps you alert and aware, and improves your energy level.

Be aware of your posture – If you slouch when you sit and stand, your energy levels tank almost immediately. Pull your shoulders back, sit and stand up straight, and keep your head high. Always remember to develop a confident posture, and you will find your body naturally rewarding you with energy.



Simplify your life – Get rid of possessions and clothes you have not used in a while. Limit the number of processes, activities and "things" in your life. Visual, mental and physical clutter can drain your brain and sap your energy.

Go decaf – Caffeine can jack up your energy level immediately, but too much caffeine, especially when it is found in candy bars, energy drinks and sugar-filled coffee, is unhealthy for you. One cup of coffee without sugar and dairy products each day probably isn't bad for you, but more than that should be avoided.

Meditate, take up yoga – Those two activities defeat stress, which is the enemy of energy. Yoga and meditation have been used for thousands of years to fight stress, anxiety and depression, and they can help you achieve more natural energy.