



American Heart Association.

Healthy for Good™

# POWER UP TO MOVE MORE

Do you have trouble staying energized for your post-workday workout? We feel you! Try these tips to keep your energy going strong so you can Move More.



**Hydrate:** Drink water throughout the day and especially before, during and after physical activity.



**Fuel Up:** When your energy is starting to lag, snack on healthy carbs, like vegetables, fruits and whole grains.



**Fight Fatigue:** Alternate sitting and standing during the day. Wear comfy shoes you can easily walk in, or use insoles to keep your legs and feet feeling fine.



**Refresh:** Try stress-relieving activity breaks, like lunchtime walks, meditation and yoga to rejuvenate and refresh anytime.



**Breathe:** Practice breathing deeply by inhaling through your nose and exhaling through your mouth slowly to deliberately send more oxygen to your brain and body.



**Eat for Energy:** Avoid eating saturated fats or too much protein throughout the day. They digest more slowly and can take away oxygen and energy-delivering blood from your muscles.



**Don't Wait:** Make it a habit to go right from work or school to your workout or activity. If you stop at home, you may be tempted to skip it.



**Refuel:** Refuel after your sweat sesh with lean protein, healthy carbs and plenty of water so your body can recover more quickly.



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