



COMMON CAUSES OF LOW ENERGY

It may be the lazy days of summer, but if you find yourself frequently fading as the day progresses, here are a few suggestions to help you fight fatigue:

1. **FOCUS ON YOUR EATING HABITS.**

- Eat breakfast because it boosts metabolism and replenishes depleted energy stores.
- Pick complex carbohydrates. Simple sugars (like that candy bar from the vending machine) will give you an immediate burst of energy that doesn't last! Whole wheat product, veggies, etc., will sustain you longer.
- Include a protein in every meal because protein regulates the release of energy.
- Drink plenty of water!



2. **GET ENOUGH REST.** 7 – 8 hours is recommended.

3. **LOSE WEIGHT.** If you're overweight, the body has to work harder throughout the day to do everyday tasks.

4. **GET A GOOD MEDICAL CHECK-UP** to rule out a physical reason for your fatigue. Fatigue can be caused by a number of chronic health conditions like heart disease, cancer, diabetes, an underactive thyroid, low iron levels and certain medications.

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL



**The Medical
Center of Plano**