

# POWER

Work, family, home—and this time of year, you can throw in shopping, houseguests, and the fact that the days are literally getting shorter. You need energy more than ever. The good news: With a few strategic changes, you can recharge your batteries. Follow our experts' tips, and you'll never do the bobblehead nod through a meeting or dinner date again.

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BY LESLIE GOLDMAN | ILLUSTRATIONS BY ANGELA SOUTHERN

## QUICKIE ENERGIZERS

Four easy ways to put more pep in your step, based on how much time you have, from 30 seconds to 20 minutes:

### 30 SECONDS

Chew mint or citrus sugarless gum. It will make you more alert, and these scents stimulate the area of the brain responsible for focus, says Alan R. Hirsch M.D., director of The Smell & Taste Treatment and Research Foundation.

### 1 MINUTE

Sit or stand up straight and stretch. When you hunch, your breathing is shallower. "Good posture opens your lungs, so you breathe more deeply and more oxygen circulates through your body," says Jonny Bowden, Ph.D., author of *The 150 Most Effective Ways to Boost Your Energy*. Try his "polish the air" move: Sit up straight, elbows bent 90 degrees at your sides, palms down. Keeping shoulders relaxed, move your hands in circles (like you're polishing furniture) for 30 seconds.

### 10 MINUTES

Head outdoors. Even if you just take a quick walk or read a book with your kiddo on the porch, "being in a natural setting allows your mind to escape," Bowden says. In one study, people who walked through a park reported feeling less fatigued than those who took a stroll in a mall.

### 20 MINUTES

Score a power nap. The sweet spot to feel more alert is between 15 and 20 minutes. Snooze longer than 30, and you risk a groggy awakening.



"I stay  
CONNECTED  
to my  
FAMILY AND  
FRIENDS, who  
help me  
RECHARGE."



**KATHRYN  
BOLING, 57**  
Baltimore,  
Maryland  
Primary care  
physician





# HIGH-VOLTAGE Eating

Food is like gasoline. Quality, quantity, and frequency all matter. Feed your body junk—and you'll feel like junk. Your winning combo: meals and snacks that are a balance of protein, fiber, and healthy fats, which keep you energized by steadying your blood sugar, says Joy Bauer, R.D., founder of Nourish Snacks and NBC's Today show nutritionist. Her ideal day of eating for energy:

## BREAKFAST (aim for 300 calories)

1 egg scrambled with 2–3 egg whites, chopped tomatoes, spinach, and 1 Tbsp. shredded reduced-fat cheese; 1 slice whole grain toast.



### ENERGY STAR

Spinach is full of iron, which helps shuttle oxygen through the body.

## LUNCH (aim for 400 calories)



Turkey on whole grain bread with lettuce, tomato, and 1 Tbsp. hummus; baby carrots, celery, and pepper sticks.

### ENERGY STAR

One red bell pepper has twice as much vitamin C as an orange, which keeps your immune system strong and energy up.

## DINNER (aim for 500 calories)

Salmon burger (no bun) with avocado and salsa; baked sweet potato and green beans.



### ENERGY STAR

1/4 cup avocado packs 2 1/2 g fiber.

## SNACKS (aim for two 100- to 200-calorie snacks a day)

EAT EVERY 4–5 HOURS TO AVOID DIPS IN BLOOD SUGAR AND ENERGY

▼  
Energizing trail mix: handful toasted edamame + 1 cup air-popped popcorn + 1 Tbsp. dried fruit.



"I STAY ACTIVE - playing CHASE OR EXPLORING the ZOO with MY BOYS. If I'm TIRED, getting UP and MOVING pulls ME through."



**KRISTIN ENGLE, 33**  
Elmhurst, Illinois  
Mom of four boys

# BEVERAGE BREAKDOWN

You need a jolt of energy—fast. Your first thought: liquid caffeine. But is that the smartest choice? We asked Tammy Lakatos Shames, R.D., and Lyssie Lakatos, R.D., to size up your options. Their top pick might surprise you.

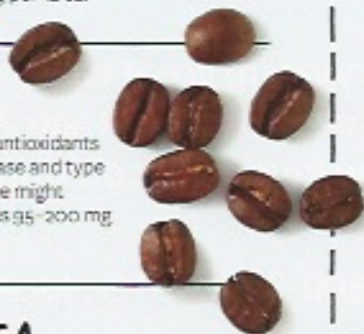
## COLA

**Pros** Less caffeine than coffee, so you might not feel so jumpy. **Cons** Empty calories! The average 12-oz. can has 10.2 tsp. sugar. Diet soda is sugar-free, but artificial sweeteners might trigger your sweet tooth. Caffeine count: 42–52 mg per 12 oz.



## COFFEE

**Pros** Perks you up in 10–20 minutes and has antioxidants that might reduce the risk of Alzheimer's disease and type 2 diabetes. **Cons** More than 100 mg of caffeine might make you too wired. Caffeine count: Average is 95–200 mg per 8 oz., varies by brew and brand.



## GREEN TEA

**Pros** Contains powerful antioxidants and theanine, an amino acid that induces a sense of alert mental calm. **Cons** Compounds in green tea might bind calcium, so if you're drinking it with your yogurt, you might not absorb all its calcium. Caffeine count: 44 mg per 8 oz.



## ENERGY DRINKS

**Pros** Might enhance athletic performance or fuel a workout. **Cons** Tons of sugar (some have 20 tsp.) and caffeine amounts that make them potentially dangerous, especially if they also contain stimulants like ginseng and guarana. New research has linked energy drinks with sudden cardiac deaths in young, healthy people. Caffeine count: Energy shots can have 120 mg per 1.2-oz. serving, while other drinks can have 77–100 mg per 8 oz.



## WATER

**Pros** Ice-cold water perks you up and helps deliver oxygen to muscles and organs. **Cons** None.

"I ditched my CHAIR FOR A TREADMILL DESK. IT keeps ME FOCUSED."



**TORY JOHNSON, 44**  
New York City

Weekly Good Morning America contributor, mom of two, author of *Shift for Good: Simple Changes for Lasting Joy Inside and Out*

## GET PHYSICAL

When you hit that slump, that's when you need to move most. Try these three yoga moves from yoga and pilates instructor Kristin McGee to get your blood flowing.

### ◀ COW & CAT ▶

Alternate between cow and cat poses 5–6 times. The active flow requires you to focus and also gives your metabolism a kick.

### ◀ WARRIOR 2 ▶

With so many muscle groups working to hold this intense stance, you'll get your heart pumping and feel centered.

### ◀ DOWNWARD DOG ▶

Holding this inverted position ushers oxygen-rich blood to the brain.

## ANATOMY OF AN ENERGY BAR

They make plenty of promises, but are often loaded with sugar and gone in four bites.

Still, bars are better than nothing "when you're on the run and don't have access to whole foods like celery and peanut butter or grape tomatoes and mozzarella," says Chicago nutritionist Dawn Jackson Blatner, R.D. Follow her guidelines when a hectic day forces you to grab a bar:

### FIBER

At least 3 g from whole grains like oats and seeds.

### PROTEIN

At least 3 g from plant sources like nuts, nut butters, and seeds.

### SUGAR

No more than 12 g from less refined sources like dried fruit, honey, maple syrup, and molasses.

STICK TO BARS WITH 150-200 CALORIES

"I TAKE my OWN 20-MINUTE 'RECESS' EVERY DAY: Going outside, Riding my Side, Riding my Bike, OR WATCHING a Funny video."



**JACKIE BERLOWSKI, 35**  
Delray Beach, Florida  
Founder of [jackiedeals.com](http://jackiedeals.com)  
and mom of a 3-year-old



Ready to trade your java for some "Uptown Funk"? Music lowers stress hormones, and research shows that jamming to upbeat tunes gives your energy and mood a lift. Chicago SoulCycle instructor Hallie Wilson created this get-going playlist to add some oomph to your afternoon.

- Fleetwood Mac "Go Your Own Way" • Tom Petty "American Girl"
- The Chainsmokers "Roses" • Salt-N-Pepa "Push It"
- Billy Joel "Uptown Girl" • Foo Fighters "Best of You"
- Andy Grammer "Honey, I'm Good"
- Jess Glynne "Hold My Hand"
- Walk the Moon "Shut Up and Dance"
- Steve Miller Band "The Joker" ■

# JUST BEAT IT

