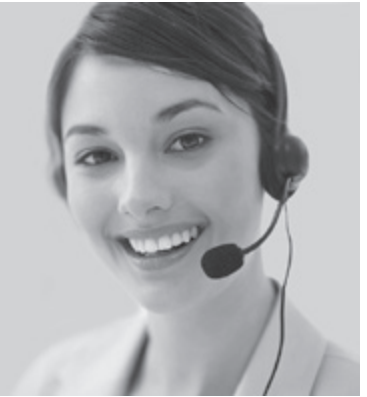


“It was great to talk with you.

Thank you for your interest in the top 10 energy boosters. I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your health coach, I’m ready to help in any way I can.”



Nothing feels better than having energy throughout the day. You may want to have more energy for one or more of these reasons:

- ☐ Be more alert and get more done at work
- ☐ Have more fun with family and friends
- ☐ Be able to keep up with kids or grandkids
- ☐ Be able to complete everyday tasks—such as shopping, doing laundry, or fixing meals—without feeling so tired
- ☐ Be able to climb stairs or take a walk without feeling short of breath
- ☐ Have a better outlook on life

The **10 energy boosters** below have been found to help people feel more energized. Check the ones you would like to try.

1. Drink plenty of fluids without caffeine or added sugar. Dehydration causes fatigue.

- ☐ Aim for eight glasses of fluids a day. For example, drink a glass of water when you wake up, a cup of coffee or tea with breakfast, and a glass of nonfat/1-percent milk or unsweetened, fortified soy milk at each meal. Drink a glass of water or unsweetened, fortified soy milk between meals, and herbal tea before bed.
- ☐ Drink plenty of water before, during, and after you exercise. This is very important in hot weather and when you do intense exercise.
- ☐ Limit drinks with caffeine and/or added sugar. These include coffee, tea, energy drinks, and fruit drinks or sodas with added sugar.



A healthier life is on the line for you!

(continued on next page)

UPMC HEALTH PLAN

2. Regularly eat healthy meals. If you snack, make healthy choices. Lose excess weight by eating fewer calories and being more active.

- ☐ Do not skip meals. Eat something every three to five hours.
- ☐ Follow these guidelines for healthy meals:
 - Fill half your plate with fruits and vegetables.
 - Make a quarter of your plate a lean protein food such as cooked dried beans or peas, fish, poultry, or lean meat.
 - Make a quarter of your plate a grain food such as rice, pasta, or bread. Whole grains are best. Choose whole grains at least half of the time.
 - Drink a glass of nonfat or 1-percent milk or eat a serving of nonfat yogurt or a slice of low-fat cheese. Unsweetened, fortified soy milk, soy yogurt, and soy cheese are healthy dairy substitutes.
- ☐ If you are hungry between meals, eat a healthy snack. Food choices that are rich in fiber and/or water and that contain lean protein will help you stay full longer. Examples include nonfat, sugar-free yogurt and fresh fruit; whole-grain cereal with nonfat/1-percent milk and a few nuts; or a mini whole-wheat bagel with a slice of low-fat cheese.
- ☐ If you need to lose weight, eat fewer calories and burn more calories by exercising. Losing even a few pounds can make a big difference in the energy you have. Talk with your health coach about tools and support for losing weight and keeping it off.

3. Get regular exercise. It's common to think, "I'm too tired to exercise." But exercise will actually give you energy. Try it and stick with it. It works!

- ☐ Start small, with just five to 10 minutes of brisk walking several times a week.
- ☐ Over time, build up to 150 minutes of exercise or more per week, doing at least 10 minutes at a time. For example, build up to walking for 30 minutes on five days a week. Or on some days, walk for 10 minutes each during your coffee break, lunch break, and after dinner.
- ☐ Find a way that you like to exercise. Walk and talk with friends or family. Listen to books on tape or music while you walk. Bike or swim. Join a gym. Take an exercise or dance class.
- ☐ Do muscle strengthening—such as lifting weights or using resistance bands—on two days a week.
- ☐ Stretch after exercising and on non-exercise days to warm up your muscles.

Important: Ask your doctor for an exercise plan that is right for you. Your doctor may advise you to avoid or limit certain forms or amounts of physical activity.

(continued on next page)



A healthier life is on the line for you!

UPMC HEALTH PLAN

4. Sit less. Move your muscles as much as you can throughout the day.

- ☐ Bike or walk to do errands or to get to work. Park your car farther from work or where you shop. You can also get off the bus a stop or two earlier.
- ☐ At work, get up from your desk at least every 30 minutes and walk around.
- ☐ Limit the time you spend watching TV or using a computer or other electronics.
- ☐ Walk while you talk on the phone.
- ☐ During TV commercials, walk in place, do stretches, or lift weights.
- ☐ Take the stairs instead of an elevator.

5. Get enough quality sleep.

- ☐ Stay on a regular sleep schedule. Set up a routine so you get seven to eight hours of sleep. Get up at the same time each day. Stay up until bedtime. Do not nap.
- ☐ Keep your bedroom quiet, dark, and at a comfortable temperature. Wear a sleep mask and/or earplugs.
- ☐ Avoid stimulants and alcohol after 4 p.m. (See the tips below.)
- ☐ Be active every day. Walking and other exercise has been shown to improve sleep.
- ☐ Relax for an hour before bedtime. Avoid TV, alcohol, exercise, and arguments. Do some light reading. Stretch, do yoga, or take a warm bath.
- ☐ Use your bed only for sleep and intimate activity. Don't work, watch TV, eat, or make phone calls in bed.

To learn more ways to improve your sleep, ask your health coach for the tip sheet "How to Get a Great Night's Sleep" or, if it applies to you, "Getting Enough Sleep When Working Shifts."

6. Avoid or limit stimulants. These cause your energy level to surge, then plummet. They can also disrupt your sleep.

- ☐ Slowly cut back on coffee, tea, soft drinks, and energy drinks. Avoid them completely after 4 p.m.
- ☐ Do everything you can to quit smoking. Do not smoke before bed.
- ☐ Avoid appetite suppressants.
- ☐ Talk with your doctor and seek treatment if you have a drug problem.

(continued on next page)



A healthier life is on the line for you!

UPMC HEALTH PLAN

7. Avoid or limit sugar and alcohol.

- ☐ Choose foods and drinks with little or no added sugar. Sugary foods and drinks cause your blood sugar (and energy level) to rise and fall quickly. When you do consume sugary foods or drinks, limit the amounts and make them part of a healthy meal.
- ☐ If you drink fruit juice, make it 100-percent juice. Limit it to a half-cup (4 fluid ounces) per day. Fruit juice is high in natural sugar.
- ☐ Limit alcohol to no more than one drink per day if you are a woman of any age or if you are a man older than 65. You should have no more than two drinks a day if you are a man and are 65 or younger.
- ☐ Avoid alcohol before bed. It might help you fall asleep, but it will disrupt the quality of your sleep. Drink warm milk or herbal tea instead.

Talk with your doctor and seek treatment if you have a problem with alcohol.

8. Practice healthy ways to cope with stress. Stress often causes fatigue. It can also make it hard for you to do the things that give you energy. Some stress is part of daily life. Greater stress may be a result of life events, such as job or marital changes, money problems, the death of a loved one, or even positive events like a wedding.

- ☐ Try to spend some time every day with people you enjoy, doing things you enjoy.
- ☐ Reach out for support when you need it.
- ☐ Keep a good sense of humor and be optimistic.
- ☐ When you can, avoid things that trigger stress.
- ☐ Learn to change thought patterns that lead to stress.
- ☐ Practice ways to relax when under stress. You can take slow, deep breaths, listen to calming music, do some stretches or yoga, or take a walk.
- ☐ Manage your time well.

Many of the other energy boosters on this tip sheet can help you prevent or better cope with stress.

9. Take care of any illness or medical condition you may have.

- ☐ If you are ill, follow your doctor's advice about how to recover. You may need to accept that fatigue is part of the healing process. Get as much rest as you can.
- ☐ Many medical conditions can cause fatigue if they are not managed well. High blood pressure, diabetes, and asthma are a few examples. Follow your doctor's advice about how best to manage your condition(s).
- ☐ Ask your doctor or pharmacist if any medicines you take may be causing your fatigue. This includes over-the-counter drugs such as cold and allergy medicines. Ask if you can take a different medicine or a smaller dose.

(continued on next page)



A healthier life is on the line for you!

UPMC HEALTH PLAN

10. Speak to your doctor if you think you may be depressed. One of the key symptoms of depression is very low energy, even when you sleep or rest a lot. Depression and unexplained fatigue often go hand in hand.

- ☐ Tell your doctor about your fatigue and other symptoms. The good news is that depression is highly treatable. Most people get better with talk therapy, medicine, or both. You do not need to suffer.

Take Action

Check when completed	
<p>My SMART goal for this week</p> <p>Do your best to reach the SMART* goal you set with your health coach. Write it below. Check the box when you have completed it.</p> <hr/> <hr/>	<input type="checkbox"/>
<p>Staying on the path to wellness</p> <p>When you are ready, choose one or two tips above that you would like to put into action. Set a weekly SMART goal for each one. Write your goals below. Check the boxes when you have completed them.</p> <p>SMART goal 1:</p> <hr/> <hr/>	<input type="checkbox"/>
<p>SMART goal 2:</p> <hr/> <hr/>	<input type="checkbox"/>



A healthier life is on the line for you!

(continued on next page)

UPMC HEALTH PLAN

*SMART goals are Specific, Measurable, Appropriate, Realistic, and Timely. For example, “This week on Tuesday, Thursday, and Saturday, I will take a 10-minute brisk walk during my lunch hour.”

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

The information in this tip sheet is for educational purposes only and is not intended or implied to be a substitute for professional medical advice. Before making changes, always talk to your doctor about what is right for you.

Sources:

- Fatigue. U.S. National Library of Medicine. Available at <https://medlineplus.gov/fatigue.html>. Accessed February 2, 2018.
- 2008 Physical Activity Guidelines for Americans. U.S. Department of Health and Human Services. Available at <http://health.gov/paguidelines/pdf/paguide.pdf>. Accessed February 2, 2018.



A healthier life is on the line for you!

UPMC_17_1165

UPMC HEALTH PLAN