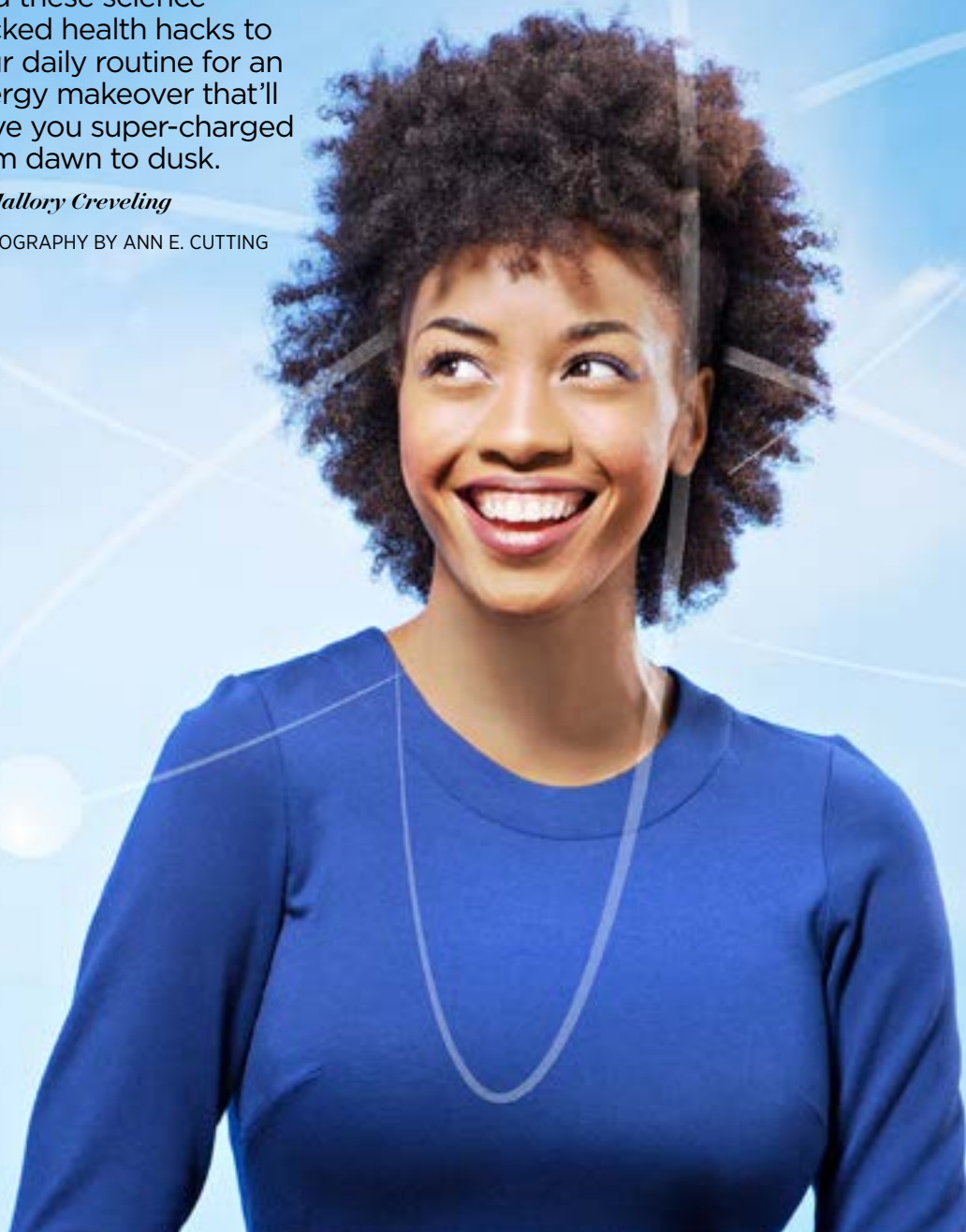


WAKE-UP CALL

Add these science-backed health hacks to your daily routine for an energy makeover that'll leave you super-charged from dawn to dusk.

By Mallory Creveling

PHOTOGRAPHY BY ANN E. CUTTING



2:00 P.M.

STRIDE RIGHT

Research shows that midday exercise will help you cross more projects off your to-do list. If you don't have time for a class or gym session, take a brisk walk around the block.

Just shoot for 10 heart-pumping minutes.

2:30 P.M.

SIP ICE WATER

Down 8 to 12 ounces of cold H₂O for the same adrenaline rush you get from splashing your face (but without the makeup smudges), suggests Jacob Teitelbaum, MD, director of the Practitioners Alliance Network and author of *The Fatigue and Fibromyalgia Solution*.

3:00 P.M.

GRAB A SMART INDULGENCE

Go ahead and treat yourself to chocolate! A small square, whether dark or milk, will pep you up. Chocolate contains theobromine, a cousin to caffeine that has similar but less intense energy-enhancing effects, Teitelbaum explains.

Opt for a chocolate bar topped with sea salt for extra zing—the body needs sodium to steady blood pressure and fight foggiess.

3:30 P.M.

PLAY WONDER WOMAN

“A body at rest loves to stay at rest, so break the inertia of sitting,” says Tami Meraglia, MD, author of *The Hormone Secret*. Get out of your chair and strike a power pose: Stand with legs a little wider than your hips, chest puffed out, chin up and hands on your hips or behind your head. Harvard research found this stance increases testosterone, which makes you feel more confident and awake.

negative impact

You may think these five habits give you some juice—but they only leave you drained.

1. TURNING TO SWEETS

Filling up on lots of cookies, candy or other sugar-laden snacks is tempting, but they quickly spike your blood sugar, resulting in an even lower drop in energy later.

2. DOWNING CAFFEINE

While a cup or two of coffee in the a.m. is great for jump-starting the day, stop there. A few more in the late afternoon may prevent you from falling and staying asleep. The result: a really rough time waking up.

3. MULTITASKING

You may think you're getting more done in less time, but multitasking can cause you to crash. One study found that tackling a mental and physical job at the same time makes you more exhausted than finishing the two separately. Turns out tough cognitive tasks steal brain resources that power the body.

4. TAKING LONG NAPS

A midday snooze provides a power boost, as long as you keep it to 30 minutes or less and before 4 p.m. That way, you won't be dazed afterward or too alert to nod off at night.

5. SIPPING A NIGHTCAP

Even if a glass of wine helps you fall asleep, you'll likely have shorter REM cycles and wake up in the middle of the night. Avoid drinking a few hours before hitting the sheets for better zzz's.

4:00 P.M.

SCHEDULE A MEETING

Head to a colleague's office or call a pal for a brainstorming session. One study found that quick thinking, like throwing around new ideas, makes people feel more lively.

4:15 P.M.

PLAY YOUR FAVE SONG

If you're dozing off while tackling the next task, put on your headphones and crank up the tunes, says Phillips.

Research has found that listening to music reduces stress and stops sleepiness.

4:30 P.M.

FILL A MUG

In a *Family Circle* poll, 45% of moms said they're most sluggish between lunch and dinner. Beat that p.m. slump with sugar-free green tea (if you're sensitive to caffeine, choose decaf). It contains theanine, which leaves you focused yet calm.

5:00 P.M.

GIVE YOURSELF A MASSAGE

Rub the entire outer edge of both ears for 30 seconds with your thumb and forefinger, says Teitelbaum. According to Eastern medicine, all the body's energy pathways run through this area.

6:30 P.M.

DISH UP THE RIGHT DINNER

To stay full until bedtime—crucial for avoiding midnight munching, which can affect your slumber and, therefore, your wakefulness the next day—have a protein and carb combo, says Taub-Dix. Whole wheat pasta loaded with veggies and chicken is a smart choice. For more healthy dinners, turn to page 86.

7:30 P.M.

PUT AWAY YOUR DEVICES

Staring at your computer or phone can mess with melatonin in the brain, disrupting your sleep-wake cycle and affecting the quality of your shut-eye (good morning, grogginess). Phillips suggests taking a technology break for at least an hour once a day and, ideally, 60 minutes before bedtime.

9:30 P.M.

WIND DOWN

Nineteen percent of *Family Circle* readers surveyed report being most energetic right before bed. Here's how to get calm: Run a warm bath with 2 cups of Epsom salts (to loosen muscles) and a few drops of lavender oil. A 30-minute soak allows your mind and body to relax.

10:00 P.M.

ZONE OUT

Listen to a guided meditation like those on Headspace or OMG, I Can Meditate! (Android and iOS, free) or just focus on deep breathing. You'll doze off faster, making it easier to get seven to nine hours of shut-eye and reach a deep sleep, which you need to feel rejuvenated and ready to start the next day.

Figure out what's causing your fatigue by heading to familycircle.com/energychart. You'll find a printable journal for recording your peaks and valleys.