



ENERGIZE **to Get Active:**

Have breakfast.

Your body needs to recharge after a long night without food. Fasting too long between meals causes fatigue. Breakfast is a great investment in your day and provides “fuel” to think and play.

Drink water.

Many people feel tired when they are dehydrated. Carry water with you when you exercise. Drink water throughout the day. Water quenches thirst better than soda or coffee.

Get outside.

Sunlight can wake you up and get you moving. While you’re outside, take deep, refreshing breaths. Deep breathing can also relieve stress and fatigue.

Get enough sleep.

According to the National Heart, Blood and Lung Institute, most people need about eight hours of sleep a night to feel refreshed and alert. Make sleep a priority for you and your children. Try to get to bed at the same hour most nights.