

Test your energy IQ

November 2015 Newsletter



Do you struggle to keep up your energy level all day? Try the quiz below to test how much you know about making your energy last.

Quiz: Choose an answer to each question.

1. You should skip breakfast and drink a strong cup of coffee instead to build your energy. True_____ False_____
2. Drinking water throughout the day can help maintain your energy level. True_____ False_____
3. When you have an energy “crash” in the middle of the morning or afternoon, just push yourself through it and you’ll feel better. True_____ False_____
4. Sugary snacks will give you a quick energy boost. True_____ False_____
5. Spending time with negative people can impact your energy. True_____ False_____
6. Even if you’re feeling really beat, it’s good to exercise. True_____ False_____
7. Skipping meals can make you tired. True_____ False_____

Energy answers

1. **False.** Coffee will give you a burst of energy but it won’t last. The key to healthy meals is to keep your blood sugar balanced and coffee won’t do that. It’s very important to eat a good breakfast. Examples of energy-rich breakfast foods are oatmeal, yogurt, fruit and milk.
2. **True.** Dehydration can cause you to feel tired. When you’re dragging, a drink of water may make you feel better. Try to drink at least eight 8-ounce glasses of water every day.¹

3. **False.** You’ll feel better if you take a break. If you ignore your body’s signal that you’re exhausted, you’re likely to wind up feeling even worse. Stand up and stretch or go for a short walk. Have a snack like yogurt and fruit or a small sandwich and water.
4. **True.** Cake, candy and soda will give you a jolt of energy, but it won’t last long. The flip side of that “high” is that your blood sugar will then plummet, making you feel more tired than before. Avoid sugary foods and choose healthy snacks of protein and fiber-rich carbohydrates. Have a piece of fruit, dip some veggies into hummus or eat a handful of peanuts.
5. **True.** Do you know any people who are “energy vampires”?² They’re folks who are so negative that it’s work to be around them. They drain you. Consider how much better you feel around upbeat friends. Spend time with positive people as often as possible.
6. **This can go either way.** Sometimes going for a walk, taking a short swim or doing light yoga will help revive you. However, if you find you’re still tired, you may need a power nap.
7. **True.** When you skip meals, your blood sugar drops and you feel depleted. Regular meal and snack times help maintain your blood sugar level — and your energy.

How did you do? Try one or more of these tips and see if it helps you enjoy more energy every day.

¹www.webmd.com. Accessed September 2015.

²www.psychcentral.com. Accessed September 2015.