

# Fitness with Cindy

## Beat The Slump With These Afternoon Energy Boosters!

Feeling that 2 p.m. slump? I know it well. These are my tried-and-true tricks for beating the energy drain and powering through the rest of the day.

Each of them will offer a boost, but try them all to see which work best for you.

1. Of course, grab a great cup of **coffee** or **tea**!
2. **Get outside** for 15 minutes and walk, bike, swim, or just pull weeds. Nature is invigorating.
3. Have a reasonable size piece of **dark chocolate**. I love [these bars](#) with low carbs and no added sugar.
4. Take a break and look at something funny that will make you **laugh**, like a ½ hour sitcom or jokes online.
5. An **apple** or **orange** will give you a boost, as will most fruits: bananas, grapes, dates, etc.
6. Even if you don't need it, take a **soothing warm shower** and finish with a **cold rinse**.
7. Prepare a single serving of **air-popped popcorn**.
8. If you're too tired to go for a walk, do a short [stretch](#), [Tai Chi](#) or [Qi Gong](#) video.
9. Drink a **tall glass of water** with lemon or lime squeezed into it.
10. **Be social**, especially if you're retired. Isolation can make you lethargic, so call someone to chat. If you're still working, take a 10 minute coffee break and talk with a coworker.

Incorporating regular exercise into your daily life will help you increase your energy overall! Browse my library of free fitness videos including cardio, strength, stretching, pain relief and more at [www.fitnesswithcindy.com](http://www.fitnesswithcindy.com).