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How to Enjoy Youthful Energy at Any Age

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How is your energy level? Do you feel completely drained of energy? Do you have a laundry list of things you would like to do if you were not so tired? Your chances of living longer are stronger than ever, making it important to have energy as you age! Here are some tips for maintaining and enjoying energy despite your age.

Recognize Your Energy Drainers

Activities that invigorate you may leave others feeling exhausted, and vice versa. In my new book, *The 100 Year Lifestyle*, I talk about “energy drainers” that rob you of the strength you need for living a quality life every day. Identify your energy drainers so you can avoid things that may be holding you back.

Food sources such as sugar and caffeine may seem to energize you, only to make you crash a few hours later. Skipping daily exercises or over scheduling your day may drain you. Find alternatives for your energy drainers. If your morning coffee gets you going but you find yourself dragging by mid-afternoon, consider switching to decaffeinated herbal tea. Wake up earlier in the morning to exercise instead of leaving gym time to chance in the afternoon. Knowing what depletes your energy is the first step toward improving your energy levels.

Recognize Your Energy Enhancers

It may seem like common sense, but focus on the things that make you feel alive. Does reading a good book help you relax and refresh? Does engaging in a controversial discussion spark your inner fire? Integrate as many energy enhancers as you can

into your day that will pick you up when you are feeling sluggish.

Food For Thought

Destructive eating patterns may also trigger the loss of energy. Food is your fuel and necessary for your body to run like a well-oiled machine. Treat meals as a vital part of your day and avoiding eating to quell feelings of stress, sadness or boredom. Choose plenty of fruits and vegetables packed with essential nutrients and antioxidants to give you the energy you need to live a long, fulfilling life. Eat lean, quality proteins and make sure to start your day with a healthy breakfast.

Stay Active

In a new survey, centenarians who live longer attribute their active lifestyle to being tuned in to what is going on around them, according to Everclear, a health insurance plan. Many centenarians polled said they read the newspaper regularly, keep up to date on the latest trends, and even own an iPod!

As you age, do not lose sight of what you love to do. Whether it is picnics in the park, or enjoying theater shows, you don't have to give up your passions as you get older. Continuing to do the things you love will fill you with energy. Get rid of your energy drainers and implement more energy enhancers and you will be well on your way to living a long, energetic life.

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