



Even with adequate sleep and nutrition, our lack of motion can regularly put us to sleep. To prevent mental fatigue, **try starting the day with exercise.**

At work, **take frequent 5- to 15-second micro-breaks** (shoulder rolls or stretching) throughout the day, getting up and walking every two hours.



For people with mentally challenging occupations, experts suggest a walk or other physical exercise; for those doing physically taxing work, some **brain-stimulating activities, like puzzles.**



Imbalanced body postures, such as slouching, also lead the body to consume more energy. **Adopt an “energy-efficient” standing position,** with feet shoulder-width apart, and sit straight, which helps improve circulation.



To those in urgent need of quick re-energizing, **consider aerobic exercise instead of coffee.** It’s quick and easy—and it stimulates brain chemicals that give us a lift.

