

10 Ways to Stay Energized Throughout the Day



1. Let in the Sunlight

2. Start the Day with Protein



3. Exercise Outside

4. Limit Caffeine



5. Stay Hydrated

6. Try a Power Nap



7. Take a Multivitamin

8. Avoid smoking



9. Limit alcohol

10. Get Plenty of Rest



How To Have More Energy Naturally During The Day

Lauren Gardner



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