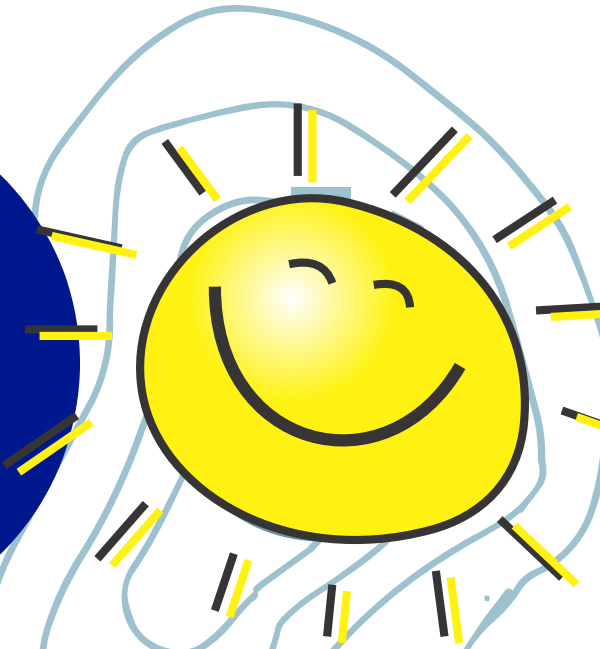




5 Ways To Boost Energy Now

Get Some Sunshine - Just like Superman, we also get energy from the sun. Taking a few minutes during the day to step outside & soak up some rays can do a world of good for your energy levels.

1



2

Move Your Body - Sometimes, when we are tired, the last thing we want to do is move. But moving charges our muscles, and we always feel better when we do.

Connect With The Earth - Take your shoes off and put your bare feet on the earth. Connecting with the ground can give you a much-needed energy boost.

3



4

Breathe - Did you know that you can actually breathe energy into your body? Try some deep breathing exercises as this will oxygenate your body which increases energy.

Singing - Crank up the tunes and belt out your best Bon Jovi. Did you know that singing activates your vagus nerve, and this will increase your energy level? So go ahead, sing loud, sing proud!

5



Voltage is your body's life force, and everything above increases your voltage.
Give one or all of them a try next time you are feeling tired or drained.