

Autumn energy boosters

Try these easy energy rituals to feel more alert and productive throughout the day. Build healthy habits by adding one per week to your routine.

- **Refuel with slow release carbohydrates and healthy fats**

Go for sweet potatoes, brown rice, oats, yoghurt and nuts

- **Up your water intake**

Try keeping a water bottle by your side and aim for two litres per day

- **Cut down on caffeine to promote better sleep**

Switch to decaf after lunch or grab a glass of water instead



- **Alternate high and low intensity activities**

Try short bursts of activity in between desk work to keep restlessness at bay

- **Try to get 30 minutes of exercise each day**

A brisk walk or online exercise class can get your heart pumping and make you feel energised

- **Schedule breaks into your day**

Try the Pomodoro Technique – 25 minutes of focused work followed by a five minute break

- **Give yoga a go**

A 10-minute yoga flow routine combines stretching and relaxation to increase blood flow and improve your focus

- **Aim for 6-8 hours of sleep per night**

A consistent night-time routine will help you wake up feeling refreshed

