

Too tired?

Here's how to get the energy to be active:

Have breakfast.

Your body needs to recharge after a long night without food. Fasting too long between meals causes fatigue. Breakfast is a great investment in your day.

Drink water.

Many people feel tired when they are dehydrated. Be sure to drink enough water to make your urine pale yellow or almost clear. Carry water with you when you exercise. Drink water throughout the day. Water quenches thirst better than soda or coffee.

Get outside.

Sunlight can wake you up and get you moving. You should get at 20 to 30 minutes of sun on your hands and face two to three times per week for Vitamin D production. While you're outside, take deep, refreshing breaths. Deep breathing can also relieve stress and fatigue.

Get enough sleep.

According to the National Heart, Blood and Lung Institute, most people need about eight hours of sleep a night to feel refreshed and alert. Make sleep a priority for you and your children. Get to bed at the same hour most nights. Avoid habits that can rob you of sleep, such as having heavy meals, caffeinated beverages or alcohol close to bedtime.

Eat right.

A body can't be active without the right fuel. To feel their best, most people need to eat the following foods every day:

- At least 5-7 ounces of whole-grain bread, cereal, pasta or rice
- 2½-3 cups of vegetables
- 2 cups of fruit
- 3 cups of low-fat milk or yogurt
- 5-6 ounces of lean meat or beans

For more information on good nutrition, visit www.MyPyramid.gov.