

Why am I So Tired?

Feeling tired all the time isn't something you should simply accept as normal. In fact, low energy often comes down to everyday habits that can be adjusted

Common Reasons for Low Energy

- **Too many refined carbs** can cause blood sugar spikes and crashes, leaving you drained. Focus on balanced meals with whole foods, fruits, vegetables, and protein.
- **Too much sitting** can make you feel more tired. Regular movement and exercise can boost energy, improve focus, and support better sleep. See you at GoodLife!
- **Not eating enough** can leave your body without the calories and nutrients it needs to function properly.
- **Poor sleep habits** can affect energy, concentration, and overall wellbeing. Consistent sleep and wake times can improve sleep quality.
- **Not enough protein** may contribute to low energy. Including protein-rich foods throughout the day can help keep you fueled.
- **Dehydration** is a common but overlooked cause of fatigue. Drinking enough water throughout the day can help maintain energy levels.
- **High stress levels** can leave you feeling constantly fatigued. Making time for activities you enjoy can help reduce stress and improve energy.

Key Takeaway

Small changes can make a big difference. Prioritizing balanced nutrition, regular movement, quality sleep, hydration, and stress management can help you feel more energized and perform at your best each day.

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