



CONNECTIONS

LOCAL EFAP NEWS

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ENERGIZE! Beating Fatigue & Feeling Your Best

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How Do You Feel Today?

Did you wake up refreshed and ready to start the day? Did you do your daily tasks with energy and still have some left over to spend with loved ones or doing something for yourself?

This might sound too good to be true. The truth is that many Canadians feel tired much of the time.

The solution: Instead of thinking of tiredness as a “natural” result of your day, think of it as a sign that you should pay attention to - and one that you can do something about. A few lifestyle changes can go a long way toward helping you feel ready to face the day.

Five Keys to Feeling Your Best

1. Get plenty of sleep.
2. Exercise regularly.
3. Eat a healthy diet.
4. Cut down on coffee and alcohol.
5. Manage stress.

Energize With Exercise

Most people who add exercise to their daily routine report feeling more vibrant, energized and alert. When you first start exercising, you may feel tired. Your body needs time to get used to your new activity level. But once you’ve made exercise a habit, you’ll most likely find you have renewed energy. Perking up may be as simple as adding a brisk half-hour walk to your day.

Other ideas:

- Do jumping jacks while you wait for your lunch to heat up or your morning tea water to boil.
- Ride a bicycle to run errands.
- Take the stairs instead of the elevator.

Feeling Sluggish? Have a Drink

Mild dehydration can make you feel tired and headachy. Be sure to drink 6 to 8 large glasses of water every day, more if you’re exercising. Don’t use thirst as your guide. Your body needs fluids even if you don’t feel thirsty.

Remember: During a 45-minute workout, your body can lose a liter or more of water. So drink up!

Con’t.....



**HAPPY
EASTER**

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Diet Secrets of the Always-Energetic

One sure way to feel your best is to eat a balanced diet rich in fruits, vegetables, protein and complex carbohydrates - and low in fat. Eating lots of sugar or refined carbohydrates (processed foods) can contribute to fatigue.

Food fact: A sugary snack in the afternoon can give you temporary energy, but you'll feel even more tired once the sugar high wears off.

Healthy, Energizing Snack Ideas

If you need a mid-afternoon or mid-morning pick-me-up, these snacks will keep you going strong.

- 1 slice of whole-grain bread topped with 1 tablespoon of peanut butter
- 1 breakfast or energy bar (no more than 5 grams of fat—check the label)
- 1 cup of whole-grain breakfast cereal mixed with 3 tablespoons of raisins
- 1 medium banana and 3 whole-wheat crackers
- 1 package of instant oatmeal made with skim milk or soymilk
- 1 half-cup of dried fruit
- 6 ounces of vegetable juice

Caffeine Facts

Grabbing a cup of coffee or a candy bar sounds like a good idea if you're falling asleep at your desk. But caffeine can make it hard for you to get a good night's sleep and cause you to "crash" once the caffeine stimulation wears off.

Beating Stress Means Feeling Your Best

"Burning the candle at both ends" is a common problem in today's high-stress world. You've got a lot to fit in every day. But stretching yourself too thin can make tiredness a real problem—and it can cause serious health problems down the road. Take steps now to manage stress and recapture your energy.

Good to know: Everyone feels tired once in a while. Stressful life events, such as going to night school, having a baby or experiencing family illness can make any person tired for a short period of time. Remember to take extra good care of yourself, and your energy level will get back on track.

ANNOUNCEMENT

**EFAP/North welcomes the
Near North Community Care
Access Centre and
FNX Dynatec
to our growing list of members.
We look forward to serving their employees
and their loved ones.**

AGM

14th AGM April 27th, 2006 @ 6:00 p.m.

Voyageur Inn - Delaware Room

Canadian Chinese Buffet

Guest speaker: Dr. Garry Shulman

\$30.00 per ticket (3 or more \$25.00 each)

**Call Debbie at 494-8086 before April 21st, 2006
to reserve your tickets!**
