

Too tired to exercise?

Let's face it: exercise takes some energy. And after work and other life responsibilities, many people are tired. This makes it hard to get up and start moving. But there are some ways to “trick” your body into thinking it has more energy, so you might have just enough to go for that walk or stop by the gym for a class. Here's how to do it.

HYDRATE EARLY

Don't wait until an hour or two before exercise to start drinking water. Do it at the start of the day, and continue all day long. Then, when it's time to exercise, you won't have to worry about dehydration and that sluggish feeling.

EAT HEALTHY CARBS

Carbs don't have to be the enemy. Eat plenty of fruits, vegetables and whole grains. These give you energy right away, so try eating them about an hour before exercise.

DON'T SIT TOO LONG

When you can, get up and stand or walk — even for a few minutes. Sitting all day can make you feel drained.

DEEP BREATHS

A quick break for deep breathing or meditation can relieve stress and give you a mood boost. It also helps send more oxygen to your muscles and organs. This can help you feel refreshed and ready for the rest of your day.

PLAN FOR IT

If you can, go straight to the gym after work instead of stopping at home. Or schedule your exercise time — even just 30 minutes — in your calendar with a reminder to prompt you.

Source: American Heart Association