

# Free Energy For Your Body

Contributed by Webmaster  
Tuesday, 05 February 2008  
Last Updated Tuesday, 05 February 2008

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By Sean Susini

How many of us want to have more energy throughout the day? Like the energy of young children who seem to have an unlimited supply. How great would that be if you could get a hold of some of that energy?

In today's world it is way too easy to just sit around most of the day. Some of us have desk jobs where the only things during the day we move are our fingers.

The truth is, the more we move the more energy we will have. It's recommended that we workout at least 30 minutes per day for proper energy output and

utilization, but much of us barely have any time to slip that workout into our schedules.

Thankfully however, for the people who can get that workout in every day, there are still some simple things they can do to get that extra energy they so sorely need, in a way that is completely natural and free to do.

Just get out there and do it: We humans are professionals at making up excuses. Some of our excuses might be "I don't have the time or money to go to a gym, or "I'm not sure what exercises I should be doing." Let's do ourselves a favor and make this simple. Just go out side and go for a walk. Just moving your body around a small amount each day makes a drastic difference in the energy you have and how you feel each day.

Do some quick stretches: Stretch your arms to the sky and circle them around, stand up and reach for the floor, roll your head around, left to right and back to front. Doing movements like these are great for getting the blood in your body better circulated and in turn will increase nutrient flow and boost energy.

Get some shut-eye: Are you getting enough sleep? Did you realize that one night with inadequate sleep can have the same affect as feeling tipsy from a few drinks? You will never have as much energy during the day as you could be having this way. The beneficial effects of proper sleep patterns don't stop at more energy. Sleeping is the time where your body does most of its healing. By getting proper sleep you may also be saving a life by getting behind the wheel of a car at your optimum alertness.

Inspect yourself and watch what you eat: Out of all the things you can do to give yourself the optimal energy you need during the day, none can be more important then the fuel and building blocks you put into your body. The specific types of nutrients you need are paramount for the most natural and best type of energy you could have.

Proper nutrition is vital for the energy you need, this however is a big topic so I couldn't divulge all the appropriate nutrition information in this article. To learn about the proper nutrition you should be consuming click on the link to my webpage.

Get ready to get the most comprehensive and groundbreaking information on nutrition you have heard in your entire life.

Sean Susini is a nutrition graduate and certified personal trainer who has been passionate about health and fitness for over 10 years. He has offered sound advice and techniques to hundreds of people who were willing to lead a healthy life style, or just wanted to have a better quality of life.

You can write Sean directly at [seansusini@yahoo.com](mailto:seansusini@yahoo.com) or contact him with any questions right now by calling him at 973-229-8334.

Learn more about techniques you can implement to raise your quality of life by visiting Sean's website at...<http://www.healthynewlife.info/>

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