Do you have trouble staying energized for your post-workday workout? We feel you! Try these tips to keep your energy going strong so you can move more.

**Hydrate:** Drink water throughout the day and especially before, during and after physical activity.

**Fuel up:** Snack on healthy carbs, such as vegetables, fruits and whole grains, when your energy is starting to lag.

**Fight fatigue:** Alternate sitting and standing during the day. Wear comfy shoes you can easily walk in to keep your legs and feet feeling fine.

**Refresh:** Try stress-relieving activity breaks, such as lunchtime walks, meditation and yoga to rejuvenate and refresh anytime.

**Breathe:** Practice breathing deeply by inhaling through your nose and exhaling through your mouth slowly to deliberately send more oxygen to your brain and body.

**Eat for energy:** Avoid eating saturated fats. They digest slowly and can take away oxygen and energy-delivering blood from your muscles.

**Don’t wait:** Make it a habit to go right from work or school to your workout or activity. If you stop at home, you may be tempted to skip it.

**Refuel:** Refuel after your workout with lean protein, healthy carbs — such as a turkey sandwich on whole grain bread — and plenty of water so your body can recover more quickly.

Find more ways to be Healthy for Good at heart.org/HealthyForGood.