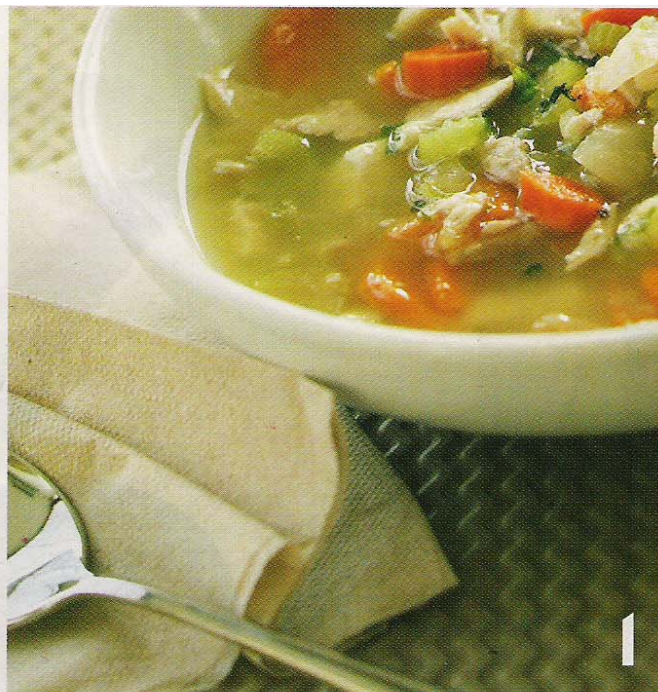


# EMBRACE THE AFTERNOON



Once you've put the morning behind you, reclaim the afternoon with renewed vigor by eating, exercising, and meditating. Just follow these steps.

## 1. EAT A LIGHT LUNCH

Choose whole and organic foods when possible. Steer clear of fast food and preservative-filled processed

foods. Your ideal lunch shouldn't leave you unsatisfied or in need of a nap. Chicken soup, or any soup that contains vegetables along with beans or meat, is a great choice, as it strikes a healthy balance between protein, carbs, vegetables, and water to keep you fully energized and hydrated.

## 2. TAKE A THANK-YOU WALK

A brisk 10-minute walk after lunch benefits body and mind by raising your heart rate and improving circulation, helping your body use the calories you've just consumed. A walk can do more than just kick start your metabolism—it can greatly improve your mood, thanks to the release of feel-good hormones, helping you return to work in a new frame of mind. Spend your walk focused on energizing thoughts rather than reliving the stresses of the day.

Jon Gordon, author of *Energy Addict: 101 Physical, Mental & Spiritual Ways to Energize Your Life*, suggests taking what he calls a thank-you walk. "Think about all the things you're grateful for, about one great thing that happened today, or something you're looking forward to. Sounds simple, but try it. You can't be stressed and thankful at the same time."



Peppermint essential-oil roll-on from Aura Cacia (\$8.99; frontiercoop.com)

## All-Day Energy Tips

Energy boosters don't need to be confined to lunchtime, says author and energy coach Jon Gordon. Here are just a few of his ideas for picking up the pace.

¶ **Chair squats.** With feet just a little wider than body-width apart and arms at your sides, start to sit down on your chair, but stop a few

inches above the seat. Stand up and repeat. Be careful not to lean too far forward. Repeat 10 times. Once that feels easy, increase to 20 repetitions.

¶ **Take a peppermint break.** Peppermint can boost mood and motivation. Try a cup of peppermint tea, spray an herbal mint spritzer in your office, or dab some diluted essential oil on your wrists or temples to cool and revive you.

¶ **Drink cold water.** Sipping some cold water can be the internal equivalent of a cold shower, giving your body a wake-up call.

¶ **Five minutes of silence.** Cut stress off at the pass by simply halting. Sit for five minutes and do nothing but listen to your breath. Create that separation once or twice a day so that you don't get sucked into—and worn out by—your work.