



Energy Boost

Presented by

Allison Burgess

Senior Health Promotion Consultant / Exercise Scientist

The decreased capacity or complete inability to function normally because of excessive stimulation, prolonged exertion or sleep deprivation

Influencing factors

Body Clock Factors

- Working when you would normally be asleep.
- Sleeping when you would normally be awake.

Sleep Factors

- Getting less than normal sleep.
- Getting poor sleep.

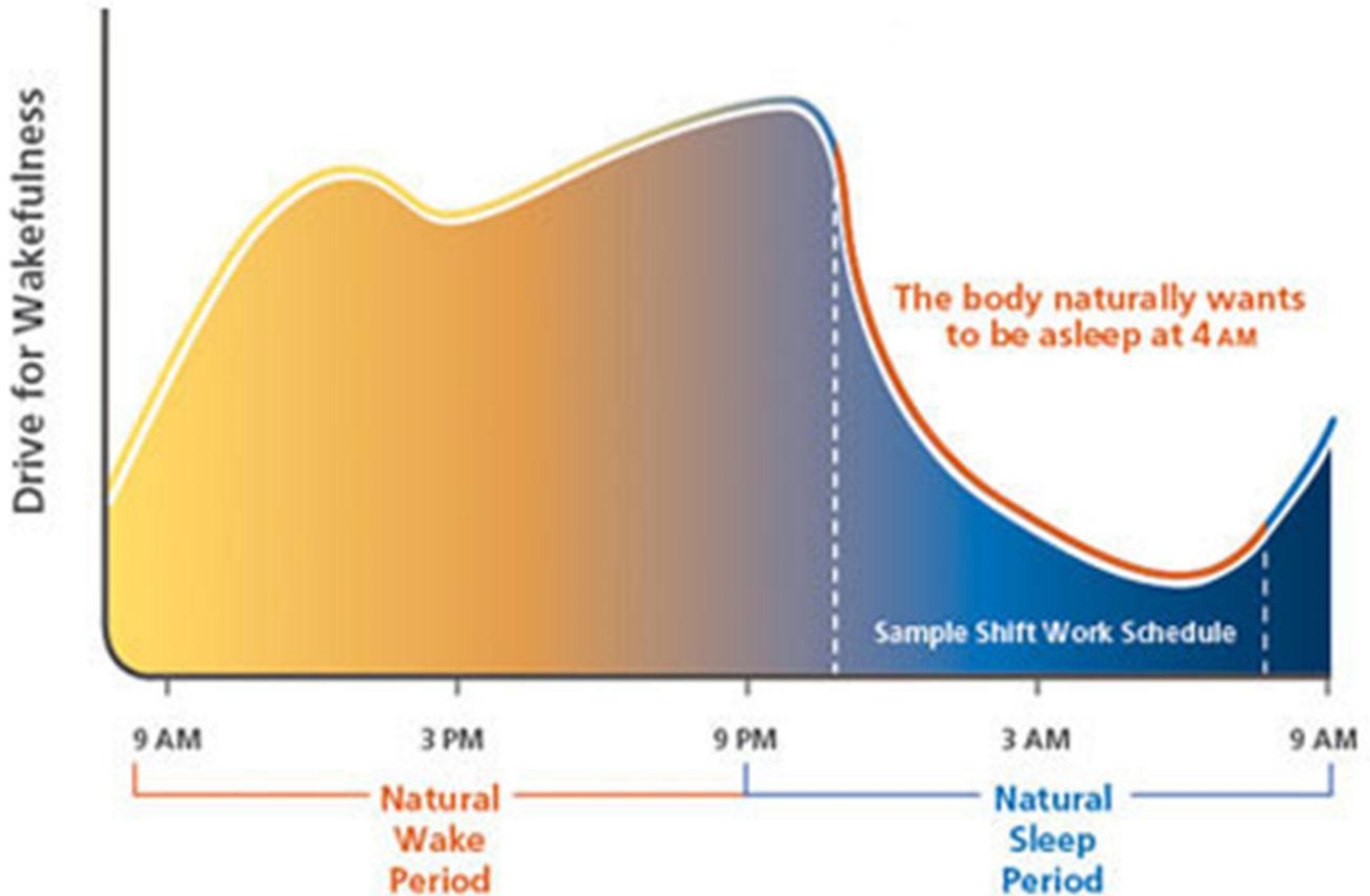
Work Factors

- Working very long hours.
- No time to recover from work.

Health Factors

- Medical sleep problems.
- General Health & Lifestyle issues

The Sleep-Wake Cycle: Circadian Misalignment (eg, SWD)^{8,9}





Modifiable Factors

Sleep – The Only Cure for Fatigue





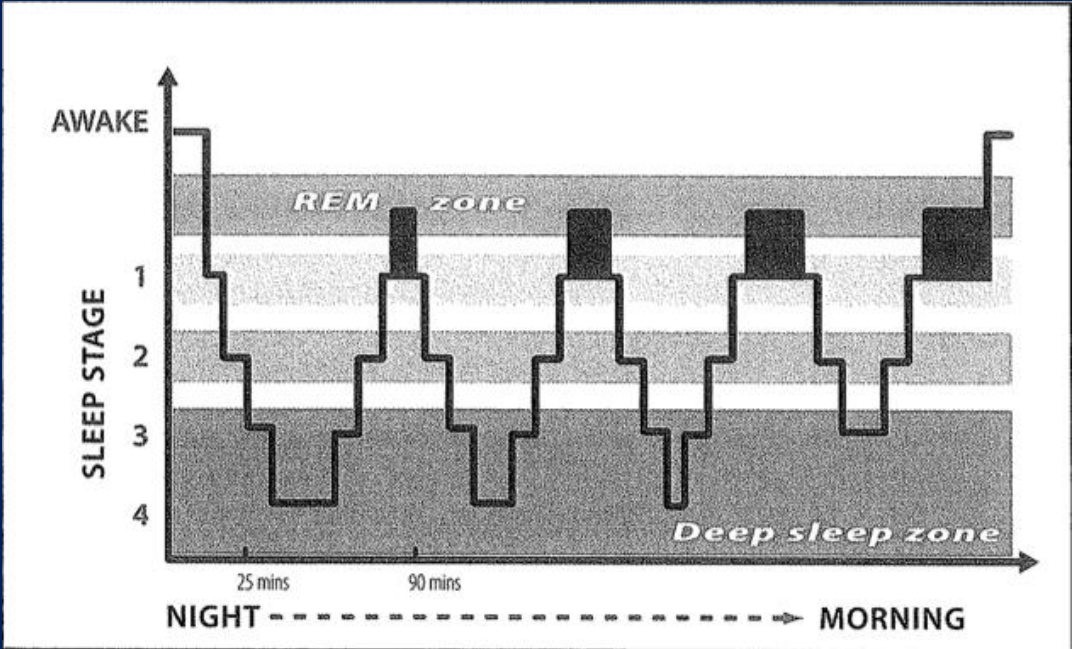
Routine!
Routine!
Routine!





Sleep Vs. Alcohol









Protein to Boost Energy and Alertness!





**Carbohydrate to Calm
the body for sleep!**





Hydration



before coffee



after coffee



Coffee!



**IS THE PLANET SHAKING
OR IS IT JUST ME?**

forget that guy
he's a total square



caffeine

i never liked him
anyway



adenosine receptor

I AM SO LONELY



adenosine



Caffeine Recommended Max - 250mg Per Day



Chocolate 20 mg Per 100g



**Green Tea 30-50mg
Black Tea 30 – 110mg**



Cola 50mg



Energy Drinks 80mg



**FUIC Traditional 100mg
FUIC Strong 125mg**



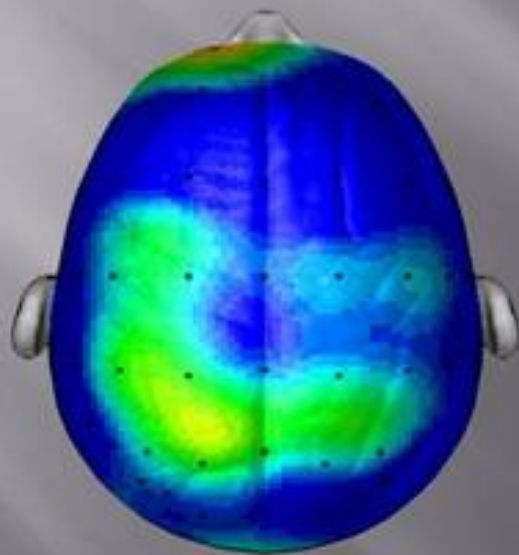
**Instant Coffee 60-80mg
Latte (250ml) 120mg – 250mg**



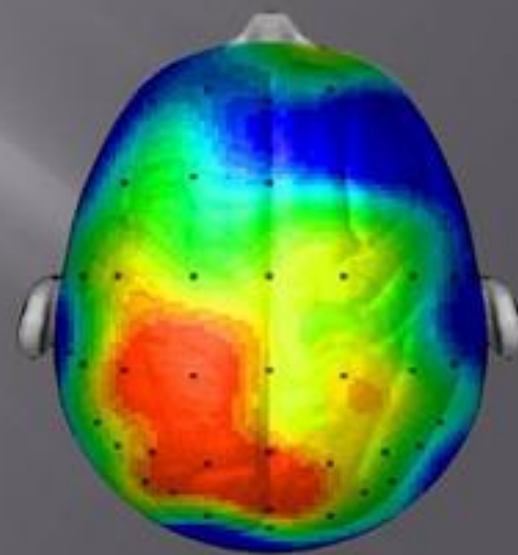
**No Doz 100 - 150mg
NO Doz Strong 200mg**



BRAIN AFTER SITTING
QUIETLY



BRAIN AFTER 20 MINUTE
WALK



Research/scan compliments of Dr. Chuck Hillman University of Illinois



I am already tired from work, why should I still exercise?



De-clutter your life







Managing Energy Levels at Work

Do 5mins of light exercise – go for a walk

Get some fresh air & natural light – go outside!

Eat a healthy protein based snack

Drink water

Lunch – keep it light and lean!



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