

Boost Your Energy without Coffee in Five Ways

Summary: Caffeinated coffee can give us energy, but there are healthier ways to achieve that needed energy boost to get through the day.



People love coffee. The United States drinks around 400 million cups of coffee each day, which is an average of 3.1 cups per person of coffee. While drinking plain coffee may not be necessarily bad for us, most drink it with sugar, cream, and other additives that push our calorie counts over the limit. There are other ways to boost our energy and **make it through each day** without drinking alarming amounts of coffee.

1. **Exercise:** Fitting in exercise first thing in the morning can wake us up more than coffee can.



A pre-work workout can increase focus, improve moods, and boost energy levels without needing coffee. Research even suggests that working out early in the morning helps us sleep better and reduces blood pressure.

2. **Eat healthy:** How many times do you have to hear that breakfast is the most important meal of the day until it sinks in? Not only is it important to eat breakfast, what you eat is important too. Protein is a great energy booster. Breakfast options can be a toasted English muffin with peanut butter and sliced bananas on top or scrambled eggs with whole wheat bread.
3. **Be active:** Take the stairs instead of the elevator and go for a walk around the block when you need to wake up. Taking a mid-day walk after eating lunch is much like exercising in the morning. Walking releases endorphins that can lift your mood and increase your energy.
4. **Healthy habits:** Start changing your coffee drinking **habits a day at a time**. Switch to decaf coffee half way through the day so that you are still getting the coffee without the caffeine. After a while, you can replace your coffee with water or a smoothie.
5. **Good posture:** Our body posture has a lot more to do with our energy than we realize. When we sit at our computer slouched and sagging, we tend to feel the same way. Sitting up straight wakes our mind up and helps us be more productive and energetic. Good body posture also improves our confidence and ability to exhibit power.

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