



Improving Your Energy Levels

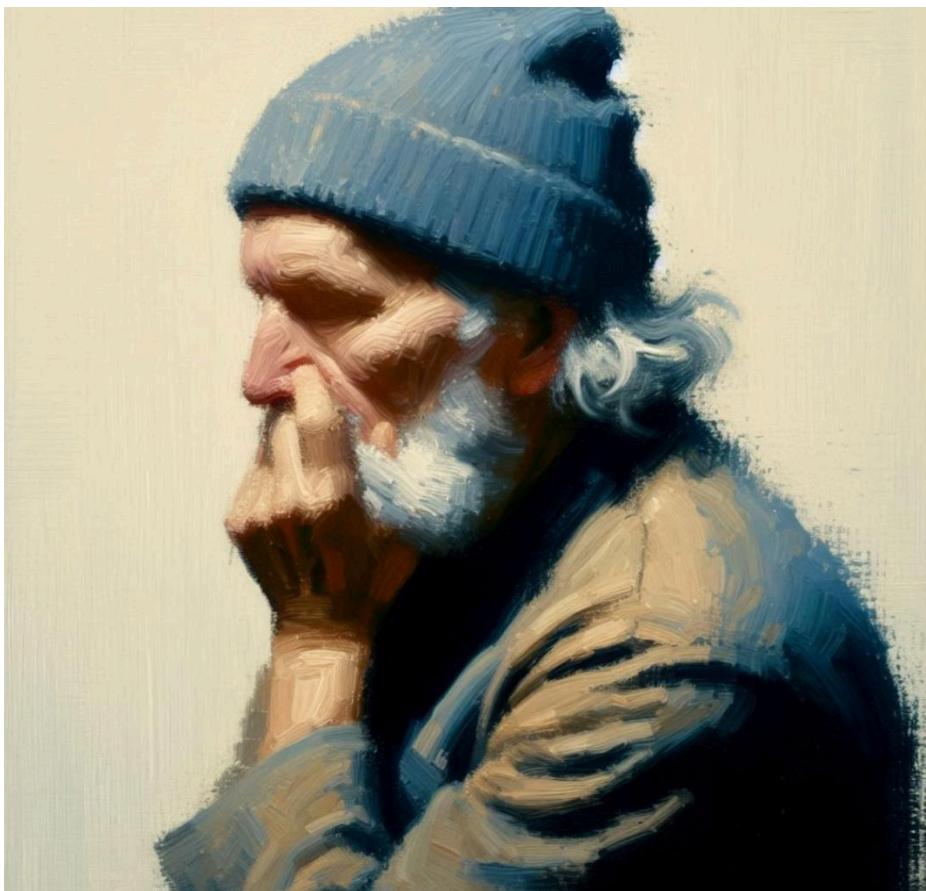
Do you sometimes feel you just do not have the energy to do anything but just to lay down, rest and do absolutely nothing and you cannot seem to figure out why?



Just know you are not alone on this and it is generally natural to feel this way as you age. Research (see reference below for details) has shown that Total Energy Expenditure (TEE) peaks or is at maximum level during early adulthood (17 to 40 years) and that by 75 years, TEE level is similar to those of children ages 7 to 11 years, even despite greater body Mass.

Two major factors affect energy levels decline:

- A. **Aging**, which affects physical activity and overall health conditions such as presence of chronic stress or diseases such as anemia or thyroid disorders.
- B. The mere **Perception of energy** is strongly associated with physical activity as exercise boosts energy levels through internal processes affecting the central nervous system.



Now what can you do to boost your energy level even as you age gracefully. Here are a few of them;

1. **Physical Activity:**

Motivate yourself to perform regular individualized tailored exercises (read the topic **MAINTAINING MOBILITY WITH TONING EXERCISES FOR 50+ PALs above**) as this will improve the energy perception and physical capacity as you age as an adult.

2. Nutrition:

The importance of eating balanced diets ([see my Food Choices vs Health and Wellness page](#) and the blog topic on the [color of your food](#)) can not be overemphasized, especially those rich in essential nutrients that can support your cellular oxygen activities such as your mitochondrial health and energy production.

3 Lifestyle Adjustments:

Adequate sleep, hydration, stress management, and addressing underlying medical issues can help sustain energy levels.

You are encouraged to see your health care provider as soon as possible, especially if none of the above works for you.

Reference

Manini TM. Energy expenditure and aging. Ageing Res Rev. 2010 Jan;9(1):1-11. doi: 10.1016/j.arr.2009.08.002. Epub 2009 Aug 19. PMID: 19698803; PMCID: PMC2818133.

Cheers, live healthy daily and age gracefully.