



# BETTER energy

## Take care of yourself

You give your best when you feel your best, so put yourself on your to-do list. Along with eating right and exercising regularly, make time to unwind. Take breaks from work and chores to pursue your passions and spend time with friends. And never skimp on sleep. For extra energy and stamina, try these tips:

### Amp it up.

Raise the intensity level of your workouts to build your stamina and get more benefits in less time.

### Stay charged.

For a good, healthy pick-me-up between meals, have a piece of fruit or a cube of cheese – or even a square of dark chocolate.

### Put it in writing.

Try writing in a daily journal to work out your thoughts and feelings, or track progress toward personal goals.

[LEARN MORE](#)

Visit [kp.org/betterenergy](https://kp.org/betterenergy) for more words of wellness.

Services covered under your health plan are provided and/or arranged by Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232. Services for self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612.