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there are many ways to increase your energy and reduce fatigue staying hydrated prioritizing personal relationships and limiting alcohol are just a few strategies to consider

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most of us feel we need more energy in fact 14 of americans said they did not have the energy they needed to get things done in one gallup survey fortunately there are things you can do to enhance your own natural energy levels here are nine tips 1 control stress stress induced emotions consume huge amounts of energy

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when you re feeling tired you re less likely to do the behaviors you need to do to boost your energy below we ll dive into how you break this cycle and get more energy both in the short term to get you through an afternoon slump and in the long term to improve how you spend your days

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as men age many factors affect their energy levels such as declining muscle mass unhealthy diet poor sleep and increased stress addressing these areas are some of the best ways to increase energy levels and recharge the body

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