

Health, Fitness & Beauty

Tips to fight the 3 p.m. slump

(BPT) - Do you struggle to stay focused and alert in the afternoon? The 3 p.m. slump is very real and hard to avoid! Many people feel their energy and productivity tank during this time, but fortunately, you don't have to give in to the 3 p.m. slump. Registered dietitian and Quest partner Kristin Kirkpatrick, M.S., offers her top three tips to help power through this challenging time of day.

1. Choose your afternoon beverage wisely

What you drink in the afternoon can help or hinder your fight against the afternoon slump. Choose your drinks wisely by avoiding sugary beverages. Consuming too much sugar throughout the morning is a sure way to fast-track a midday crash.

When your body has more sugar than it's used to, it produces an influx of insulin to keep your blood glucose (sugar levels) consistent. This blood sugar spike is quickly followed by a crash caused by a rush of insulin and decreased blood glucose, leaving you

tired and unfocused.

Avoid a sugar crash and boost your energy by reaching for a beverage high in protein and minimize sugar. Kirkpatrick recommends keeping Quest Iced Coffees on hand to help you power through your day. Just one serving offers 10 grams of protein, 1 gram of sugar and a whopping 200 milligrams of caffeine, so you can stay alert throughout the day while hitting your nutrition goals.

2. Get moving

A simple yet powerful way to combat the 3 p.m. slump is to get moving! Moving increases blood flow and oxygen to your brain, making you feel more alert and energetic.

When you're feeling lethargic and unfocused, practice some light stretches, do a few jumping jacks or pushups, or take a walk. With the weather warming up, it's the perfect excuse to leave your desk and take a stroll around the block or



even the office.

In addition to improving your energy and focus, physical activity stimulates brain chemicals that can make you feel happier, relaxed, and less anxious so you can breeze through your day and feel your best.

3. Work on your sleep

Do you regularly feel tired throughout the day? You may not be sleeping enough. If you are getting solid, restful sleep, you're more likely to stay energized and focused the following day.

The National Heart, Lung and Blood Institute recom-

mends that adults sleep between seven to nine hours each night. Once you have a consistent sleep schedule, staying awake - even during the afternoon - will become easier.

Consider making time for a nap on days you haven't slept enough. Surprisingly, even short naps have been found to enhance energy and alertness. Studies show that short naps can potentially reduce the risk of heart attacks and strokes!

Don't let the 3 p.m. slump beat you! With these three tips, you can power through even your sleepest afternoons and finish your day strong.

Lip care is important to health



(NAPSI)—Lips are one of the most sensitive organs in the body, composed of more than a million nerves, yet they are often neglected and not treated properly. Without healthy, fully functioning lips, your everyday life would look very different—which is why it's so important to take the necessary steps to protect them.

How can I protect my lips?

Many think that licking your lips provides them with sufficient moisture but, in reality, this actually dries them out even more. To keep your lips hydrated, use a moisturizing lip balm, which can be applied as often as you feel your lips need a hydration boost.

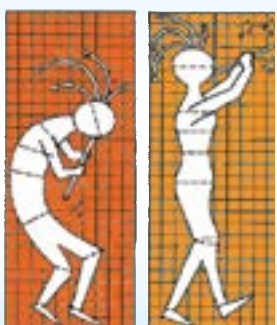
When looking for a good lip balm, check the ingredients for shea butter, which is a great source of moisturization. Also, when choosing a lip balm, check for SPF 30 or SPF 40. Even if it's not sunny out, there are still strong UVA and UVB rays that can cause more damage to your lips, according to Healthline experts.

Another way to protect your lips is by exfoliating at least once a week using sugar or salt mixed with your preferred nourishing oil, then follow up with a lip balm. Make sure, when exfoliating, you're not applying too much pressure because you don't want to break the skin barrier any further.

Your body works in wonderful ways to communicate what it needs, so make sure to listen and look at what it is saying. Following these simple and easy steps will let your lips be full and healthy, which contributes to your overall well-being.

For further information on lip care visit www.deltadentalwa.com.

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