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Hitting your afternoon low?
Get advice from a
nutritionist about
beating the slump.

energize

it's 4 p.m. and your mid-afternoon energy slump has officially hit. A nap would be your first choice, but unfortunately, there's a lot to do before quitting time. With a second wind nowhere in sight, you decide to seek help—meaning you head to the convenience store. But before you go, read on to hear what Annie Gazdag, Ph.D., a nutritionist and researcher at the School of Nutrition, Science, and Policy at Tufts University, has to say about beating the slump.

There are a lot of reasons people feel sluggish mid afternoon, so Gazdag advises that you try to assess your situation before you head to the store. Sometimes low energy is a symptom of a problem as simple as dehydration. "Because coffee dehydrates you, people can feel a lack of energy if they have coffee in the morning and then they don't drink anything

else during the day," she says. To test if dehydration is sapping your energy, drink more water or other caffeine-free beverages, and then see if your energy level improves. You might also feel sluggish if you've been inactive. If you spend most of your day sitting, it can be energizing to just get up and stretch, or to climb a couple flights of stairs. "The act of going across the street to the store might be more energizing than anything you can buy there, because it gets your blood flowing to the muscles," says Gazdag.

If it's energy you're looking for (and not just a quick pick-me-up), remember that energy is calories—that's it. "A sandwich has calories and is as energy-boosting as [a Powerbar or protein drink]," Gazdag says. Not to mention that for the cost of an