

From Fatigued to Fit

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Is tired your new normal?

- It doesn't have to be.
- Five steps to leave fatigue behind.
- Small changes are the place to start – and can make a dramatic difference in how you feel.

1. Talk to your doctor

- Fatigue is a common symptom in a wide range of illnesses, including diabetes, heart disease, anemia, thyroid disease and sleep disorders.
- Some medications can contribute to fatigue.

2. Get enough sleep

- Most people need 7-9 hours. Getting less not only depletes your energy but significantly increases your risk of obesity.
- A lack of sleep affects brain chemistry, hormones, and metabolism in ways that can make and keep you fat.

Quality matters too

- Not just the length of time in bed, but do you wake up refreshed and energized?
- Causes of poor quality sleep can range from sleep apnea and depression, to heartburn and alcohol
- Do you need to be evaluated for a sleep disorder, or just create a better bedtime routine?

3. Add vitamins and fish oil

- Vitamin deficiencies are frequent—and a common cause of fatigue
 - B12 and other B vitamins
 - Magnesium
 - D (plus K2)
 - C and E
 - Omega 3's (EPA and DHA)

4. Evaluate what you're eating (and drinking)

- Drink more water: dehydration zaps energy
- Consume less sugar: sugar causes inflammation and cortisol spikes, leading to fatigue, weight gain and illness
- Treat food as medicine and recognize that guacamole is going to make you feel far better than a cupcake.

5. Get moving

- Research shows that just 20 minutes a day can make you healthier and more energetic
- Gardening and dancing are as good for you as a trip to the gym
- Yoga and Pilates are particularly good choices for boosting energy

6. Add a little joy

- Those involved in hobbies and community service report higher levels of happiness—and energy.
- Whether its joining a bunko group, working in a rescue mission, or creating a garden, add something that brings you joy to your weekly schedule.
- If you think you might be battling depression: talk to your doctor, consider cognitive therapy, get regular exercise, and get involved in other’s lives.

Start with one small change

- Get enough sleep
- Add a few key vitamins and fish oil
- Evaluate what you're eating (and drinking)
- Get moving
- Add a little joy