

## MedPro Group

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### *Our Mission is...*

*To work towards the prevention of workplace injuries & illnesses, and to minimize their impact upon the employees & employers*



Go to the store, and you'll see a multitude of vitamins, herbs, and other supplements touted as energy boosters. Some are even added to soft drinks and other foods. But there's little or no scientific evidence that energy boosters like ginseng, guarana, and chromium picolinate actually work. Thankfully, there are things you can do to enhance your own natural energy levels.

### **Control stress**

Stress-induced emotions consume huge amounts of energy. Talking with a friend or relative, joining a support group, or seeing a psychotherapist can all help diffuse stress. Relaxation therapies like meditation, self-hypnosis, yoga, and tai chi are also effective tools for reducing stress.



### **Exercise**

Exercise almost guarantees that you'll sleep more soundly. It also gives your cells more energy to burn and circulates oxygen. And exercising causes your body to release epinephrine and norepinephrine, stress hormones that in modest amounts can make you feel energized. Even a brisk walk is a good start.



