

## Quick fixes

In winter's gray days, the midday work blues can hit hard. If you feel tired, lethargic or unmotivated during the day, try these pick-me-up tips from **goodelements.com**:

- »» Drink some green tea. Its small amount of caffeine will give you a boost, and its antioxidants will help protect you from chronic conditions such as heart disease and diabetes.
- »» Take a walk to get the blood pumping to your heart and brain.
- »» Eat a snack rich in protein, not sugar.
- »» Take a moment to stand up and stretch.

THE WASHINGTON POST

Green tea will give you a boost.

L.A. TIMESFILE

