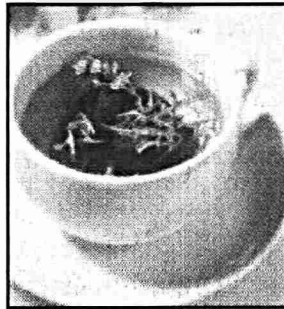


Rx notes

Workday pick-me-up

We've all been there: sitting at our desks at work, tired and lethargic. From caffeine-driven blood sugar

crashes to non-sustaining, fat-laden lunches, to a lack of quality sleep, America's work force is in need of a workday pick-me-up. Dr. Britta Zimmer at



GoodElements.com recommends drinking a cup of green tea, taking a quick walk, eating a protein-rich snack, drinking water, breathing deeply, and standing and stretching.

