

**FOR IMMEDIATE RELEASE:**

July 16, 2019

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**Sunbeam's Expert Shares Three Ways to Naturally Increase your Energy**

**(OKLAHOMA CITY)** – If you've ever browsed the shelves at a health food store, you've probably seen the super vitamin pills, grape seed extract and other tablets and tonics that promise renewed zest and energy. Not surprisingly, medical experts urge caution when using these products. Instead of popping a pill to restore long-lost vigor, here are three natural ways to promote better vitality:

**1. Eat healthy, nutrient-dense foods.** With time at a premium, it's sometimes easier to skip meals or "graze" on whatever food is available. However, it's important to eat balanced meals that provide the right amount of calories to maintain a healthy weight. Food is fuel. If you don't eat enough, you'll run out of energy; if you eat too much, the excess is stored as fat and you gain weight.

**2. Move your body.** Experts recommend getting 30 to 60 minutes of moderate-intensity aerobic activity above your usual activity on most days a week. Regular exercise conditions the body to build up and store available energy. It can also help you maintain a higher rate of metabolism, so your body uses energy more efficiently.

**3. Get enough sleep.** Sleep is necessary for our nervous system to work properly. Too little sleep leaves us drowsy and unable to concentrate the next day and impairs memory and physical performance. Most adults need seven to eight hours of sleep every night. The bottom line is you need enough sleep to stay fully alert during the entire time you are awake. If you're not sharp right up to bedtime, sleep experts say you need more rest.

"If you're struggling to balance work, relationships and keeping up with your health, contact us to help lighten the load," said David Swope, L.P.C., L.A.D.C., C.E.A.P. and clinical director at Sunbeam.

Sunbeam offers high-quality, affordable Counseling services for people of all ages who need help with life's challenges. Clients learn ways to identify, cope and build strengths to overcome difficulties. Clients learn ways to identify, cope and build strengths to overcome difficulties.

Sunbeam's staff consists of mental health professionals who provide traditional counseling services based on their professional training, experience and areas of expertise. Counselors are Licensed, License Eligible, or Master Level Interns who are supervised by Licensed Clinicians. Sunbeam's counselors are professionally trained in individual, marital, relationship and family therapies. They have the experience and dedication to help individuals and families find solutions that provide hope.

For more information, visit [SunbeamFamilyServices.org/counseling](http://SunbeamFamilyServices.org/counseling) or call 405-528-7721.

Join the movement to help children grow, heal, learn and thrive. Through Aug. 31, donations made to help children will be matched, dollar for dollar, up to \$5,000. This donation match is made possible thanks to Tall Oak Midstream. To make a donation visit [SunbeamFamilyServices.org/thrive](http://SunbeamFamilyServices.org/thrive) or call 405-609-8994.

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### About Sunbeam Family Services

Founded in 1907, Sunbeam Family Services is one of Oklahoma's longest serving nonprofits and is one of the original United Way of Central Oklahoma Community partners. Sunbeam's mission is to provide help, hope and the opportunity to succeed to people of all ages and all stages of life in central Oklahoma through Early Childhood, Counseling, Foster Care and Senior Services. To learn more, call 405-528-7721, visit [sunbeamfamilyservices.org](http://sunbeamfamilyservices.org), or join the conversation on Facebook, Twitter and Instagram.