

06
June
2025

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EFR EMPLOYEE & FAMILY RESOURCES

Perk Up

Are you feeling low on energy day after day? Do you find yourself hitting snooze each morning? Are you struggling to get through the afternoon? If you can relate to even one of those situations then it might be time to evaluate these areas of your wellbeing: hydration, sleep, and physical activity. Here are three goals to overcome daytime drowsiness:

- **Your Goal:** Drink half your body weight in ounces of water each day.
- **Your Goal:** Set a bedtime that allows for 7 hours of sleep each night.
- **Your Goal:** Strive for at least 5,000 steps each day! If that is too easy or your feeling ambitious, increase to 7,500 steps.

