



Fatigue Reduction: How Exercise Can Help You Stay Alert

Exercise is an important part of a healthy lifestyle, which will help you maintain alertness

When a person is fatigued, the last thing they want to do is exercise. But regular exercise is an important part of a healthy lifestyle, which will help you maintain alertness across your working day.

You can try building exercise into your day by:

- Taking the stairs instead of using lifts.
- Getting off the bus a stop earlier.
- Cycling or walking instead of taking the car for short journeys.
- If you're working remotely, think about whether you can dial in to any of your meetings on your phone. Then you can take a walk instead of sitting in front of your computer.

Exercise also influences your circadian rhythm; it's one of the indicators (alongside daylight and interaction with others) that your brain uses to work out when it's time to be active, and when it's time for sleep.

Bearing that in mind, you should avoid high intensity exercise close to bedtime as it will make it harder to get to sleep – stick to gentler exercises before bed.



Things to think about...

Aerobic/cardiovascular exercise:

This type of exercise includes swimming, running, cycling and brisk walking. It's heart-healthy, helps your lungs function more efficiently and will leave you feeling energised.

Resistance exercise:

Also referred to as strength training, resistance exercise builds muscle mass and boosts your metabolism, which in turn increases energy.

You don't need to be a gym member to take part, the [NHS have some great ideas for exercises you can do at home](#), sitting or standing. They can help your balance and mobility.

Flexibility exercise:

Exercises such as yoga and tai chi are great stress relievers. Flexibility exercise can help with balance, strength and relieve anxiety. These exercises can give you a sense of peace, which can allow you to get to sleep easier. People who are more flexible tend to sustain fewer injuries.