

Supercharge Your Life!

To live your best life, you have to get out there and, well, *live*, says Meaghan Murphy, editor in chief of *Woman's Day* and author of the new book *Your Fully Charged Life*. To actively participate in life and spark happiness and positive energy, you need to harness your built-in superpower, what she calls the "Health Charge." These smart daily habits from the book will juice it up and keep it revving so you can be at your physical and mental best.

GET YOUR MOVE ON

Try to move your body and get your blood pumping most days—it helps slay stress so you have extra patience and headspace to deal with life's roadblocks and detours. Plus, it gives you energy to conquer each day, balances your mood, and floods your brain with feel-good chemicals that help you enjoy the scenery along the way. This combo of physical, mental, and emotional energy makes you unstoppable.

SNOOZE SOUNDLY

Skipping on zzz's, even a little, can make you irritable and stressed.

It also increases the risk of depression and anxiety, messes with your immune system, and zaps your energy. So prioritize sleep—one study found that getting seven hours a night helped keep genes associated with disease risk and stress management in check.

FIND YOUR EATS

There's no "right way" to eat for energy, but small changes can be huge! Munching on a few extra fruits and veggies every day may boost your mood, and reframing how you view food can work wonders—if you're eating a salad, love it for what it's doing for your energy and health instead of hating it because it's not disco fries.

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