

increasing this mineral boosts vitality, even if your levels aren't low. Mid-morning and afternoon, snack on dried apricots and pumpkin seeds. Both are packed with iron.'

- Down a coffee, then get your pulse racing. 'A lunchtime workout is one of the best ways to combat fatigue, so introduce it now,' says super-trainer and ex-bodybuilding champion Anna Reich. 'It delivers a stronger and steadier dose of nutrient-rich blood and oxygen to the brain, which raises feelings of vitality.' Not in the mood? Have a coffee an hour before. Research shows it keeps you going for 30 per cent longer, improving alertness and the amount of energy your muscles can produce by blocking messages in the brain that tell your body it's flagging. 'If you only have five minutes and need a fast, instant energy hit before going out after work, try a three-minute HIIT session,' says Reich. 'Do 20 seconds of mountain climbers (get into a plank position, then draw each knee up to your chest alternately, as fast as you can), followed by 40 seconds of marching. Repeat three times.' This really works. Honest.
- Drink more. Research from King's College London found that your brain cells have to work harder even when you're mildly dehydrated. Headaches, shadows under the eyes and dark yellow pee are a giveaway. Urine should be a pale straw colour - any darker and you need to up your intake. Download the Waterlogged app, which prompts you to drink the recommended eight glasses of water a day and monitors your consumption. Also, eat cucumber and watermelon. The University of Aberdeen found that both foods were actually better options than water for topping up energy levels after exercise, because of their natural sugars and amino acids, which help your body hold on to fluid.

WEEK 2: MENTAL ENERGY

Is your monthly report taking longer than usual? Are you constantly distracted? Your focus and concentration is the first thing to be affected when your mental energy is low.

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WEEK 3: EMC

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