

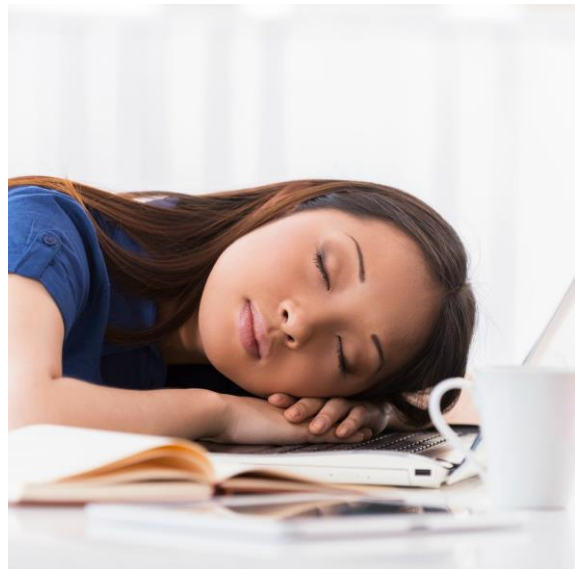
Fast Fix for Fatigue

Get moving!

If you experience mild fatigue that isn't linked to a medical condition, you may want get moving!

Research shows that tired, healthy adults can get a significant energy boost from a modest exercise program. One study showed that riding a stationary bike for 20 minutes a day, 3 days a week at a mild pace was enough to overcome fatigue.

Source: www.webmd.com



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