

# Parade

## 7 Energy Boosters from *The Biggest Loser*

By Alison Ashton | December 31, 2015



Low energy, fatigue, poor concentration—sound familiar? You’re not alone. We have an energy crisis in this country, with an estimated 20 percent of Americans claiming they suffer from fatigue so severe that it interferes with their daily activities.

Rev up with these energy boosters from the experts at *The Biggest Loser*.

### 3. Move More

---



Fatigue is a common side effect of being overweight. And when you're tired, the last thing you want to do is work out. But exercise is actually one of the best strategies to boost your energy.

“A lot of contestants don't realize they have lower energy until they do some exercise, lose some weight and realize what it feels like to have energy,” says **Robert Huizenga, M.D.**, medical expert on *The Biggest Loser*. “Exercise increases your energy naturally via the endorphins released in your brain,” he says. It also boosts your insulin to regulate your energy and helps you sleep better, so you're more alert during the day. Huizenga recommends six to nine hours of physical activity a week, including workouts and chores like gardening.

<http://parade.com/446969/alison-ashton/7-energy-boosters-from-the-biggest-loser/>