Energy Boost for Teens: Say Goodbye to Tiredness!

***Friendly reminder: Try to guess the highlighted and underlined words as you read, DO NOT search for their meaning right away! Now, let's read!**

Hey teens! Do you ever feel so tired that you can't focus on school or have fun with friends? Don't worry, you're not alone! Feeling tired, or fatigue, happens to everyone. It's not just about needing sleep. It can affect your body, brain, or even your mood. Let's find out why you might feel tired and how to get your energy back!

Why Do I Feel So Tired?

Sometimes, you feel like you're running out of battery. Fatigue can make your body feel weak, your brain feel slow, or your mood feel low. Here are some reasons why:

- **Not enough sleep**: Teens need 8–10 hours of sleep to feel great. Staying up late for homework or games can make you tired.
- **Unhealthy eating**: Too many sugary snacks, like candy or soda, can give you a quick boost but make you crash later.
- **Stress**: Exams, projects, or friend drama can stress you out and zap your energy.
- **Not moving enough**: Sitting all day (like watching videos or scrolling on your phone) can make you feel sluggish.
- **Health issues**: If you're always tired, it might be something like low energy from not enough healthy food or a health problem. Talk to a parent or school nurse if you feel tired all the time.

Two Kinds of Tiredness

Fatigue comes in two types, and you might feel both!

1. **Muscle Fatigue**: This is when your body feels weak, like after playing soccer or dancing for a long time. Your muscles need a break!
2. **Brain Fatigue**: This is when you can't focus or feel motivated. Maybe you keep rereading the same page in your book or feel bored. That's your brain saying it's tired.

7 Easy Ways to Boost Your Energy

Good news! You can fight fatigue and feel awesome with these simple tips. Try one or two to start, and you'll see a big difference.

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1. **Sleep Like a Pro**
   Go to bed at the same time every night (yes, even on weekends!). Keep your room dark and quiet, and put your phone away before bed. No late-night TikTok! If you sleep 8–10 hours, you'll wake up ready to shine.
2. **Eat Smart**
   Choose foods like apples, carrots, or chicken instead of chips or candy. Sugary snacks make you tired after a short boost. Drink water all day to stay hydrated—feeling tired might mean you need more water!
3. **Get Moving**
   Do something active for 60 minutes every day. Try dancing to your favorite song, walking with friends, or playing a sport. Exercise makes your brain happy and gives you more energy.
4. **Use Coffee or Tea Wisely**
   A small cup of coffee or tea can help you feel awake, but don't drink it after lunch. Too much caffeine can mess up your sleep, and then you'll feel even more tired.
5. **Chill Out**
   Feeling stressed? Talk to a friend or your school counselor. Try relaxing with music, drawing, or deep breathing. Less stress means more energy for fun stuff!
6. **Cut Down on Screens**
   Phones and games are fun, but too much screen time makes you tired. Try limiting screens to 1–2 hours a day. Instead, read a book, draw, or go outside.
7. **Take a Quick Nap**
   Feeling sleepy in the afternoon? A 20-minute nap after school can recharge you. Just don't nap too late, or you might stay up all night!

Your Energy, Your Power!

You don't need to feel tired all the time. Start with one small change, like drinking more water or going to bed earlier. Ask your friends or family to join you, maybe challenge them to a bike ride or cook a healthy snack together! Stay positive, and you'll feel stronger and happier for school, sports, and everything else.

What's your favorite way to boost your energy? Try one of these tips this week and see how you feel!

(Adapted from Harvard Health Publishing)

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Now, try to guess the meaning of the highlighted words in the text!

1. **Fatigue** means:

   A. Feeling very tired and low on energy

   B. Feeling happy and excited

2. **Sluggish** means:

   A. Moving quickly and full of energy

   B. Moving or feeling slow and tired

3. **Hydrated** means:

   A. Having enough water in your body

   B. Eating too many sugary snacks

4. **Motivated** means:

   A. Wanting to do something and feeling excited about it

   B. Feeling bored and not wanting to do anything

5. **Stressed** means:

   A. Feeling calm and relaxed

   B. Feeling worried or nervous about something

After reading the text, answer the questions below:

1. What are two reasons the blog gives for why teens might feel tired?

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2. What is the difference between muscle fatigue and brain fatigue?

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3. How many hours of sleep do teens need every night, according to the blog?

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4. What is one tip the blog gives to stay hydrated and boost energy?

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5. What does the blog suggest doing if you feel stressed?

_____

THE END

YOU DID GREAT!

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