

## **FATIGUE:**

### **10 DO'S and DONT'S**

There is no final answer to the mystery of fatigue. However, there are TEN ways to help avoid it.

#### **DO:**

1. Eat a high protein meal.
2. Exercise each day.
3. Have a relaxing hobby.
4. Take rest periods.
5. Walk around in the home and at work.

#### **DON'T:**

1. Make decisions when tired.
2. Work overly long hours.
3. Sit too long in one place.
4. Work in a stuffy room.
5. Acquire faulty eating habits.