

# fight fatigue

With *Ka*<sup>®</sup> and **Pharmaton**<sup>®</sup>  
*Capsules*



# Fight Fatigue

Do you feel tired everyday? If so, take comfort from the fact that you're not alone - more than one in four of us in the UK admits to feeling tired and run down. Today's hectic lifestyle doesn't help. Juggling family, career and social life can leave us with daily fatigue – a newly recognised condition that means you feel worn out through stress, tiredness and being stretched too far. The good news is that there are ways to fight the tiredness we feel at the end of the day.

Many people don't realise that just taking half an hour to exercise – even if it's walking briskly rather than taking the bus – can help increase your energy levels and your overall sense of wellbeing.

To give you some easy ways to fight fatigue, The Keep Fit Association (KFA) has come up with this handy booklet of Fight Fatigue moves. These simple exercises can be done at home or at work and come with tips on how to motivate yourself to enhance your wellbeing and put some vitality into your life.

Enjoy a new lease of life...

Sincerely,



Dr Miriam Stoppard, President, KFA



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# Get Up and Go

By exercising you are helping blood flow around your body, which supplies essential nutrients and oxygen. The moves in this booklet have been chosen to get your heart rate up and your body active. They use the larger muscle groups to get the oxygen moving around your body and are easy to do whatever your age. Each move can be adapted to suit your body by varying the number of repetitions and tempo.

Energise your body with the moves in this booklet for a rewarding routine. Wear some comfortable clothes, put on some motivating music and get ready to go.

- 1 Start your workout by marching on the spot – begin gently and gradually increase the pace to a brisk march. For a more advanced warm up lift the legs higher.
- 2 When you feel warmer, stretch your muscles as illustrated. Hold each stretch for at least 6-8 seconds.
- 3 Turn the page to start the Fight Fatigue moves. The routine should take about 30 minutes.
- 4 Alternatively you can practise individual moves at home in between looking after the children, in your break at work or when you stop while travelling.
- 5 Finish with a relaxing cool down at the end, repeating the stretches so that you don't have any aches the next day.



**HOLD STRETCHES FOR AT LEAST 6-8 SECONDS**

## STRETCHES

Stretches are very important to do before and after your workout. The stretches with an asterisk\* can also be carried out while you are sitting on a chair. So, they are ideal for when you've been sitting at a computer screen or in the same position for too long and need something to relieve tension and energise yourself.

# Side Stepper

- 1 Step to the left, bring arms out to the side parallel with your shoulders.
- 2 Step feet together and lower arms to side. Keep knees soft. Repeat to the right.
- 3 For variations when stepping to the side, lift arms in a bicep curl or push your arms up above your head.

Repeat x 8 on each side



## DAILY FATIGUE

If during the day you feel tired, have a lack of energy and concentration you may be suffering from Daily Fatigue - a feeling of exhaustion through stress, tiredness and vitality deficiency. Facts on Daily Fatigue:

- More than one in ten people (11%) admit that they have not been to work recently because they've been too tired.\*
- Nearly one in five people (17%) admit to being too tired to have sex.\*



\* References: Pharmaton Fight Fatigue survey, Gallup 2001

# Heel Curls

- 1 Step to the right kicking left heel up behind you.
- 2 Repeat on alternate sides.
- 3 Develop movement by touching the foot with the opposite hand as it comes up behind you.
- 4 To increase intensity, raise free arm above head.



Begin with heel curls x 8  
 Introduce heel curls with arms x 8  
 Repeat x 2

## GET INTO A GOOD FOOD ROUTINE

It is not just what we eat which can have an impact on our energy levels but also how and when we eat. Breakfast can be an enjoyable and delicious way to energise yourself, increase concentration and avoid energy dips throughout the day. Why not start the day the healthy way with a delicious natural energy drink. Mix one banana, one mango, five strawberries and 150 ml milk or small carton of low fat yoghurt. Add 1 tbsp of rolled oats and mix in a blender.



# Knee Lifts

- 1 Step onto left leg and bend right knee up in front of you. At the same time touch bent knee with left hand, extending the right arm out to the side.
- 2 Repeat on alternate side.
- 3 To increase intensity, raise free arm above head.

Repeat x 8



## BREATHING

Most of us breathe lazily and inefficiently, only half inflating our lungs. Try something simple at work – sit upright with your back straight, inhale through your nose, filling first your abdomen and then your chest and exhaling through your mouth. Done regularly, this will not only help to relax you but also help reduce your stress levels, too.



# Punch It Out

- 1 Deep knee bends from one foot to the other, pressing into the floor with long punches/sparring across your body.
- 2 Try and keep arms soft and don't straighten elbows.
- 3 Add variety by using double punches, hooks or upper cuts.
- 4 For a more advanced move you can side step, twist and punch across your body.

**Punch x 4 with each arm**  
**Punch x 4 using both arms**  
**Repeat x 4**



## DRINK!

Try to up your water intake to at least eight glasses of water a day. Keep an empty 1.5 litre bottle of water on your desk or in the kitchen at home and fill it up every morning. By drinking all of it before the end of the day you should soon start to notice an improvement in your skin and overall wellbeing.



# Lunge and Pull

- 1 Lunge forward onto left leg, reaching forward to grab an imaginary bar, pulling it towards you in one smooth continuous movement.
- 2 Alternate on other leg.
- 3 To increase cardio-vascular fitness you can up the tempo.

Repeat x 8



## CUT DOWN ON STIMULANTS

It is tempting to treat symptoms of Daily Fatigue by reaching for a stimulant like coffee, tea, cigarettes, alcohol or chocolate. These may give you a short-term boost but this will only leave you feeling worse in the long run. Instead, try to opt for good quality herbal teas or dried fruit to energise you.



# Swing

- 1 Knee bends with a swing arm action first to the right and then to the left.
- 2 Keep arms at shoulder level and allow the heel to lift off the floor.
- 3 Movement should be controlled, smooth and rhythmical.

Repeat x 8



## ME TIME

Do you ever feel the need to get away from it all: the stresses of your work, partner or children? Why not indulge yourself in quality time alone for some TLC. Take the phone off the hook and do exactly what you want - finish that book, have a long relaxing bath or listen to your favourite music.



# Sunrise Stretch

- 1 Lift palms towards the sky and come up onto balls of feet.
- 2 Push arms out to the side and lower heels towards the ground, keeping knees soft.

Repeat x 4

## Cool down & stretch

- Take about 5 minutes to cool down.
- Keep toes on the ground and lift alternate heels, gently sway from side to side.
- Step and tap the toe and do shoulder rolls.
- Repeat initial stretches but do them for 12-15 seconds.



Well done - you have completed the KFA / Pharmaton Fight Fatigue workout. You should feel energised and ready to face whatever comes your way. Keep this booklet with you at home, work or on holiday to make sure you fight fatigue wherever you are.

## UPLIFTING

To brighten your mood, try applying one or two drops of the following essential oils to a tissue or handkerchief to inhale during the day, or an oil burner around the house – peppermint, lavender, rosemary, geranium, lemon, grapefruit, neroli or bergamot.



# Fight Fatigue

## Daily Fatigue

Two thirds of UK adults suffer from tiredness and Daily Fatigue is now a recognised condition. Daily Fatigue is a feeling of exhaustion through stress, lack of vitality and tiredness – often caused by our busy and demanding lifestyles.

Many people do not realise that Daily Fatigue is an easily treatable and controllable condition. By making small changes to your daily routine, such as following this Fight Fatigue workout and taking Pharmaton Capsules, you can help to maintain your energy levels, improving the way you feel.

## Pharmaton

Pharmaton is a natural-based health product that has been used by people for over 40 years and is supported by over 30 clinical trials. Pharmaton can reduce exhaustion and improve physical and mental performance. Taking one or two Pharmaton Capsules a day should have you back on form in a matter of weeks.



Each capsule contains G115, the unique extract of natural Panax Ginseng, plus essential minerals and vitamins to help your body fight Daily Fatigue.

Pharmaton is available over the counter in pharmacies nationwide. Always read the label.

For further information about Pharmaton or to order another copy of this leaflet, please call the consumer helpline on **01344 741 493**.

## Ginseng

Panax Ginseng is a plant root, which has energising properties that can help in the relief of Daily Fatigue. The ancient Chinese believed that the root of ginseng, meaning 'wonder of the world', has revitalising properties. Ginseng G115 - unique to Pharmaton - stimulates the function of the body's metabolism and together with vitamins and minerals is clinically proven to enhance physical capacity and help the body cope with tiredness and exhaustion.





[www.keepfit.org.uk](http://www.keepfit.org.uk)

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