

## Fast Fix for Fatigue

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](http://www.webmd.com)