

## Identifying Energy Boosters

### *How do you boost your energy?*

**Our Mommy MD Guide's reply:** I find that when I'm out and about with other people, I have much more energy. If I'm alone at home and feeling sluggish, I grab my little dog, put on her leash, and we go for a walk. That makes us both feel good. I feel good because I've done a good thing for myself and for my dog, and my dog feels good because she loves being outdoors. It's so nice to sit on a bench, put my dog on my lap, and people—and dog—watch.

On the flip side, I believe it's a myth that exercising gives you energy. When I exercise, it makes me tired! Of course, this is different for different people. After I exercise, I feel good that I've done it, but for me the best part of exercise is the enjoyment I feel after being done with it.



—Judith Hellman, MD, a mom of one 15-year-old son, an associate clinical professor of dermatology at Mt Sinai Hospital in New York City, and a dermatologist in private practice

