

BRIDES

<http://www.brides.com/>



Wedding planning starting to wear you down? Turn up! Because, trust us, you'll need all the energy you can muster for those moments leading up to the big day. You'll be running around like a chicken with your head cut off trying to tie up all the loose ends, not to mention dealing with the inevitable family drama and last-minute seating chart changes. To make sure you can keep going and going energizer bunny style, here are 4 quick and natural tips to energize you pre-wedding.

1. Breathe in a ratio of 1-4-2

You've heard of meditating or practicing yoga to boost energy and vitality, right? Well, it's all about the breathing. By learning to breathe 'better', you can actually increase your energy levels exponentially, notes **New York City certified nutritionist, personal trainer and exercise physiologist Franci Cohen**. The week before the wedding, morning and night, try breathing in a ratio of 1-4-2 (inhale for 1 second, hold for 4 seconds and exhale for 2 seconds). "Not only will it help alleviate the pre-wedding anxiety and jitters, but it'll increase your overall mood and energy as well."

2. Drink a whole lot of water

Aim for 8-10 glasses per day, advises registered dietitian Alissa Rumsey, spokesperson for the Academy of Nutrition and Dietetics. When you're dehydrated, you feel sluggish and are more headache prone. Avoid drinking alcohol too, which causes water loss, and skip the sugary drinks and refined carbs. "These will make your blood sugar levels spike and crash, in turn, leaving you feeling tired and totally depleted."

3. Step up the cardio

Did you know that the word aerobic literally means with oxygen? When your blood, organs, brain and body are infused with greater amounts of oxygen, your energy levels soar, says Cohen. "Hence, the creation of all those trendy new oxygen bars promising to give you an energy 'pick-me-up' during your busy workday. Train daily in the mid to high end of your aerobic zone for 45 minutes to an hour, she recommends, and you'll be chock full of energy before the big day.

4. But remember to get some rest

Find a sweet spot between exercise and rest. "Too many brides take up intense workout routines to get into perfect shape pre-wedding, which can actually harm your adrenals in the long run and eventually lead to lethargy and exhaustion," warns Simona Goldin, founder of NYC-based Glow30. Try circuit training and low impact exercises with plenty of rest, she suggests. And yes, 8 hours of sleep is still highly encouraged.