

4 TIPS FOR CREATING AN ENERGIZING MORNING ROUTINE



It's easy to take your morning routine for granted, especially if you've developed habits over the years that have become second nature. But what would happen if you made small adjustments to what you do within the first hour of waking that could help set a positive trajectory for your day ahead?

Refining old habits (or establishing new ones) that invigorate both the body and mind in the morning can provide benefits that will keep paying off until the sun goes down. Here are four strategies to help you get started.

STANDARDIZE YOUR WAKE-UP TIME

Having a set wake-up time is the cornerstone of an effective routine. Getting out of bed at the same time keeps your body's circadian rhythm consistent, which helps regulate your body's internal clock. This promotes better sleep quality at night and higher energy levels throughout the day.

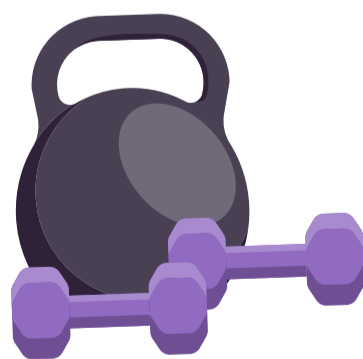
Other benefits include sharper focus, increased mood, and boosted immune system functionality,¹ so aim to wake up at the same time each day—even on weekends—to set your mind and body up for success.



INCORPORATE PHYSICAL ACTIVITY

Exercise is good for you no matter the time of day, but doing it upon waking can improve your energy levels, cut down on unhealthy food temptations, and boost your mood.² While you'll reap these benefits regardless of when you exercise, getting some physical activity in early will allow you to experience these perks throughout most of your day.

Try incorporating exercise into your morning routine to see what it does for you.



CONSIDER HYDRATING EARLY

Dehydration can cause a whole host of unpleasant side effects, like increased fatigue, dizziness, brain fog, and headaches. And you're more likely to be dehydrated when you first wake up because your body has just gone several hours in a row without taking in any water.³

If your body is low on water reserves upon waking, hydrating early can make a big difference in your day. Without dehydration in the picture, you'll experience benefits like increased energy, better mental clarity, and a boosted metabolism.



FUEL YOUR BODY WITH PROPER NUTRITION

A nutritious breakfast can rev up your body for the day ahead. In fact, regularly eating a balanced breakfast is associated with reduced risks for obesity, cardiovascular disease, and type 2 diabetes... in addition to improving short-term memory.⁴

But not all breakfast foods are created equal, so try having something that combines protein, fiber, and unsaturated fats for best results. You should also consider cutting back on excessive caffeine and sugary foods, which—while tempting for the fast-acting energy boost they provide—can often lead to crashes later in the day.



¹Peters, Brandon. "First Step to Better Sleep: Wake Up at the Same Time Every Day." *Verywell Health*, 2023.

²Zimmer, Sarah. "12 Great Benefits of Working Out in the Morning." *Signos*, 2023.

³Nunez, Kirsten. "Should You Be Drinking Water First Thing in the Morning? Here Are 6 Healthy Perks, According to MDs." *Real Simple*, 2023.

⁴Peachman, Rachel Rabkin. "Secrets of a Healthy Breakfast." *The New York Times*, 2023.