

HEALTHFUL TIPS

Can you benefit from being an EARLY RISER?

When you start your day with purpose, using mornings to get a jumpstart, you set yourself up to be highly productive. Many vastly successful people cite the importance of their morning routine. And, no matter how you define success, starting your day out right is a step in the right direction.

The peace and quiet of morning gives you an opportunity to reflect, meditate, plan, and prioritize without the interruptions of the day. In fact, early risers are more likely to set and achieve goals—feeling more in control and content with life. There are many ways to spend the first part of the day to help you get more out of life. Here are some to consider:

Plan your day. Start with a look at your goals. Next plan and schedule the steps you'll take that day that will bring closer to reaching them. Spend a few minutes visualizing yourself both completing those steps and the satisfaction of reaching your goals.

Express gratitude. Start your day with a perspective of gratitude your interactions with others will be enhanced. You'll experience more joy and happiness. Simply write down all

of the people and things in your life that you're grateful for or state them quietly to yourself or out loud. Seek out opportunities to let others know how grateful you are for them.

Practice meditation or deep breathing exercises. Starting your day this way can focus your thoughts, reduce anxiety and depression, and help you enter your day calm and confident.

Spend more quality time with family—eat together, read a devotional, go for a walk, finish up homework, and talk about your upcoming day.

Morning exercise rocks. You'll feel more energized all day, sleep better, make better food choices, all well working towards your weight and fitness goals.

Eat a healthy breakfast. High protein foods, like eggs, protein drinks, smoothies, yogurt or even meat rolled around string cheese are great options.

Spend time in prayer connecting with your higher power.

Learn, grow, and be inspired by reading or listening to something positive.



Write, blog, journal—get your thoughts and feeling on paper or into a document. Morning is the most productive and creative time for most.

Getting up early with a routine helps set the stage for the day. The routine can be anything you want it to be. Base it on those things you are passionate about—your values and your goals. See how a little extra morning time can help you get the most out of each day.

**EARLY TO BED AND
EARLY TO RISE MAKES
A MAN HEALTHY,
WEALTHY AND WISE.**

Ben Franklin