

RISE AND *Shine*

START YOUR DAY RIGHT WITH THE
PERFECT MORNING ROUTINE

1 The coffee can wait; first hydrate

Drink a glass of water before your morning coffee. You lose a lot of fluids overnight so it's important to rehydrate before you start loading up on caffeine.

2 Lighten up

Light is important for our internal clocks. If you can, spend a few minutes outside in the sun before you wake up. If that's not an option open the curtains or turn on a light.

3 Find your morning groove

Give your morning routine an upbeat soundtrack with a playlist full of songs that make you feel warm, happy and ready to take on the day.

4 Move and shake

2-3 minutes of light exercise first thing in the morning helps kick start your metabolism. Try yoga, stretching, jumping jacks or just dancing along to your morning playlist.

5 Make your bed!

Making your bed only takes a couple of minutes and completing a small goal like this will help you begin your day with a sense of accomplishment that will positively frame your entire day.

