

# Fix Your Morning Routine



**We build more than bodies**

## What's your morning routine?

One thing most successful individuals have in common is a morning routine. There is no “one-size-fits-all” routine that is guaranteed to work for everyone but coming up with a consistent routine can put you on the right path towards making the most out of every day.

By crafting your ideal morning routine, one that preps you for success throughout the entire day, you'll be way ahead of the game!

### So what's the first thing you do when you wake up in the morning?

If you are like most people, you probably reach for your phone and start mindlessly scrolling social media or checking email. Research suggests we should all stop doing that! Instead, try these helpful ideas to craft your own morning routine:

#### **1. First thing you should do happens before you even go to sleep, and that's set your alarm for an appropriate time to wake up.**

Sleep researchers suggest that hitting the snooze button over, and over...and over can actually be counter productive in the event you enter a deep sleep cycle that you can't finish. Waking up in the middle of it can make you groggy, stressed, and get your day off on the wrong foot. Instead, set your alarm for the time you want to get up and actually get up when it goes off! Your body will grow accustomed to this waking time and you'll be up with ease in now time!



## 2. Wake up and stretch out!

A Harvard psychologist research study found that individuals that wake up and streeeeetch it out in bed (stretch their arms out wide, and reach their legs out far) tend to wake up happy....”annoyingly happy” as the article made a point to mention.

On the other hand, those who wake up in the fetal position tended to wake up “more stressed out.”



### 3. Get Natural Light (or just some bright lights)

When you first wake up, your natural inclination might be to not turn on the lights to ease into the transition of waking up. However, our bodies *work a little differently*.

Our bodies produce a hormone called melatonin which regulates our sleep and wake cycles. When it's dark out, it signals our bodies to begin producing melatonin to start making us sleepy.

When it's light out, we produce less so we can be awake! So in the morning, when you leave the lights off, you also leave off the trigger to stop producing melatonin, now get those lights on.



**4. Try 10 minutes of exercise first thing in the morning and see your entire day improve.**

Not only will you feel less fatigued, but your mood will be enhanced for up to 12 hours each time. Researchers at the University of Vermont have also found out that moderate aerobic exercise seems to create new brain cells in adults, potentially fueling cognitive intelligence throughout the day.



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## 5. Meditate for 8 minutes

10-12 minutes of moderate exercise can be really easy to accomplish, once you make it a habit. The exercises you can perform range from simple brisk walking, skipping rope, or even performing bodyweight exercises. The key here is to really get your heart rate pumping to around 120 beats per minute.

Finally, you want to take some time to cool down by meditating for 8 minutes after your workout. You could choose to wait till you are done washing up after your exercise or just simply meditate straight after – it really doesn't matter.

The first step is to sit yourself down comfortably and relax your posture. Bring your attention to your breath and let your mind absorb the atmosphere and the feelings that are running through your body. When you realize your mind wandering away to random thoughts, slowly bring it back to noticing your breath.

### **That's it!**



Add in these simple habits to your routine every morning and you'll not only get an excellent start to your day but feel energized and more at peace as the day goes by. Remember, change does not happen immediately, so give yourself some time to adapt to this new morning routine!

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Short Bio: Synergy Athletics has been featured around the country in publications like Men's Health and Experience Life Magazines. The coaching team loves to help guide the members towards healthy and fit lives! We deliver personalized workouts, with flexible scheduling.

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