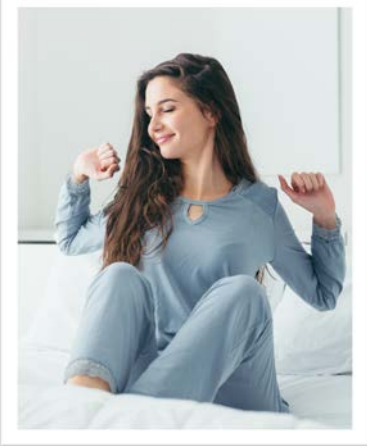




TARGET TIPS

MORNING DO'S & DON'TS

Mornings can be hard when the alarm clock is blaring and your warm covers beg you to stay in bed – but a good morning is extremely important to your well-being. Take note of these five do's and don'ts for your morning routine:



METABOLISM MATTERS

Make sure you are eating breakfast every morning! A healthy breakfast helps control hunger cravings by keeping your blood sugar stable.

Not sure what kind of food to eat in the morning? Talk to your healthcare provider about some quick and easy breakfast solutions so you can plan ahead – that way you won't be forced to eat your child's sugary cereal or the donut in the breakroom!

Don't check your phone. Do you find yourself reaching for your phone the second you're awake? With easy access to so many instant updates, this is a common practice – but not necessarily a healthy one. Studies suggest that constantly checking notifications can trigger stress and anxiety – not a healthy way to start the day!

Don't rush your routine. The way you start your morning will set the tone for the rest of your day. Wake up early enough to feel calm, composed and capable of accomplishing everything you need to do.

Don't skip your workout. Studies from the University of Nottingham show that our energy levels are highest at the beginning of the day – so you will want to work out first thing in the morning before that energy fades. Though it might seem tempting to replace working out with a few more minutes of sleep, you will feel less motivated to work out later in the day while other activities (work, picking up the kids, etc.), take priority. Work out first thing each morning to make sure it gets done!

Do drink water. Many people start out their day with a cup of coffee, but it's healthier to drink water first thing in the morning. Water will help rehydrate your body and will allow for better digestion when you eat.

Do keep to a regular sleeping schedule. Your body likes consistency – it will be easier to get up each morning if you go to bed and wake up at the same time every day. Waking up early will help establish your sleeping schedule as well as improve your quality of sleep.