



Elevate your day with these 5 morning habits

Embrace mornings – a chance to start fresh, accomplish tasks, and take another step toward your goals. Taking a few minutes to prioritize your well-being first thing in the morning can make your entire day flow more smoothly. If your morning habits don't always support your health, rev up your energy, and boost productivity, read on!

1. Meditate

You don't need 20 minutes in a silent state to get meditative benefits. Start your day with just 2 or 3 minutes of intention, positivity, and gratitude to reset your mind. This practice can reduce stress, clear your head, and improve your mood. Do it before you leave your bedroom or even before you leave the bed.

2. Drink water

As soon as you rise, drink 16 ounces (2 cups) of water, with or without fresh lemon, to rehydrate your body, jump start your metabolic processes, control appetite, and boost your immune system.

3. Eat breakfast

If you're a breakfast skipper, fueling your body with even a little something in the morning might help boost your energy, boost productivity, and calm anxiety. Try a banana with a spoonful of peanut butter, toast with all-fruit preserves, or a handful of muesli with unsweetened almond or oat milk.

4. Stay off your phone

For the next 5 days, try NOT to check email or feeds first thing in the morning, which can raise your blood pressure and start your day on a stressful note. Stay disconnected and nourish your body and mind before checking your inbox and notifications.

5. Do a quick workout or stretch

If you don't ordinarily exercise in the morning, take just 10 minutes of movement to energize your body for the day ahead. This habit can do wonders in helping to start your day feeling healthy, confident, and strong. If you need ideas and motivation, search "10 minute workout" in YouTube for something you'll enjoy and stick to.

This week's recipe helps you get a head start on a healthy breakfast – it's ready to eat in the morning; just add the mix-ins and enjoy.

Easiest Overnight Oats



You will need:

- 1 cup rolled or old-fashioned oats (not quick or instant)
- 1½ cups unsweetened plant milk
- ½ banana
- ½ cup other chopped fruit of choice OR ¼ cup chopped dried fruit
- ¼ cup unsalted nuts of choice - i.e. cashews, almonds, walnuts, etc.

Instructions:

In the evening: In a coverable container, submerge the oats in the milk. Cover the oatmeal and put it in the fridge overnight.

In the morning: You will find soft, fresh-tasting oats. Slice up the banana, mix in the fruit and nuts and eat.

