

[IMAGE]

4 Ways to Rise and Shine With the Power of Exercise

By Editorial Staff

It's 5:00 a.m. and you've just been roused for a quick trip to the bathroom, but that's not nearly enough to get you out of bed and started with your busy day. So it's back to the cozy sheets for another hour – time that could be well-spent on an endeavor that would accomplish two important things: help you stay fit and make certain it's not hanging over your head the entire day. We're talking about *exercise*, of course, something too many people leave until the end of the day – only to find their motivation and energy have waned beyond repair. Here's how anyone, even the "I'm not a morning person," can rise and shine with the power of exercise.

1. *Prepare the Night Before*: Making sure you get your morning exercise in starts with proper preparation the night before, ranging from a sensible bedtime (allow for 6-8 hours of restful sleep) to nutrition (no heavy / greasy foods) to attire (set out your workout outfit so it's ready to slip on in the early-morning darkness).

2. *Give Yourself a Reason*: Too often, the best plans are easily abandoned first thing in the morning, when fatigue and a sense of "Wow, this is going to be a busy day!" sends your body and brain into a flight (From exercise) mode. Combat this tendency by giving yourself a reason to get up and go, whether it's a new routine you're going to try, new goals you'd like to meet or even a new playlist to listen to while you're working out.

exercise - Copyright © Stock Photo / Register Mark 3. *Don't Do It Alone*: An exercise buddy is a great idea for all hours of the day, but if you're trying to get to the gym in the early morning, you need a partner who's on your side to remind you - and who you don't want to let down. Skip a day when you're a solo exerciser and you've hurt yourself; do it when you've got a partner and you've hurt them, too. Team up to motivate one another and ensure you get the job done.

4. *Shake It Up*: Just because you're exercising in the morning doesn't mean you can't mix up your routine every now and then, particularly if convenience dictates it. Just be cognizant of the fact that if you work out at a different time of day, once or a few times in a row, it may be harder to get back to your morning exercise routine. The fact is, fluidity *and* consistency are both key to a healthy relationship with exercise,

just as with anything else in life. You need to teach yourself how to prioritize your workouts without feeling you've let yourself down / given up just because you had to change up the time.

So use these strategies to start your morning with a great workout – and then get on with the rest of your day, confident that you're building a better *you* and relieved that you've crossed "work out" off your To-Do List!

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