



3 Essential Morning Routines

Not everyone is a morning person, but how you start your day can have a huge impact on your body, your mood, and your day.

#1 Wake up the same time everyday (and same bedtime)-> You'll find your body will start to regulate its self better. This allows for better sleep, improved hormone regulation, and higher energy levels.

#2 Drink water-> The first thing to hit your stomach should be water, not coffee. Keep a glass by your bed and hydrate first thing.

#3 Breathe and stretch-> Most of us roll out of bed and immediately get moving. Take it slower, allow your body to wake up by focusing on deep breathes and gentle stretches. Take a look and you'll notice this is what babies and animals do when they wake up too.

Old Saybrook - Glastonbury
860.339.5461 - www.seaslim.com
Check out our website for more downloads