

What's the first thing you do when the alarm goes off?

Since the first few moments of your morning can set the tone for the rest of your day, it's important to set yourself up for success. Here are four a.m. actions to put into practice:

Before your feet hit the floor, spend five minutes taking slow, deep, cleansing breaths. Just a few minutes of this sort of mindful breathing can lower blood pressure, ease muscle tension, ease worries, and boost immune system function.

Once you're up, try a few sun salutations — the foundational yoga move — to give you energy for the day ahead.

Transform Your Day

Make it a point to wake up at the same time each day, and set your alarm to awaken you to the sound of a happy tune.

After you've washed up, dressed, and gotten ready for your day, eat breakfast. A nourishing breakfast, rich in color, whole grains, protein and nourishing fats will help you maintain blood sugar levels and control your hunger. If you're in a rush and need a good grab-and-go option, try a whole-grain wrap with peanut or almond butter (or avocado).



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