

MORNING ENERGY RESET

by gFit

1 THE PHONE VAMPIRE

CHECK ME FIRST. RIGHT NOW! THERE'S SO MUCH INTERESTING STUFF!



PUT YOUR PHONE DOWN FOR THE FIRST 30 MINUTES AFTER WAKING UP. GIVE YOURSELF TIME TO WAKE UP BEFORE DIVING INTO THE NEWS!

THE FIRST HALF HOUR BELONGS TO YOU AND YOUR MOOD. THE MESSAGES CAN WAIT.

2 THE COFFEE TRICKSTER

I'LL GIVE YOU ENERGY RIGHT NOW! WHY WOULD YOU NEED A WORKOUT?



TRY WORKING OUT BEFORE COFFEE AND GET X2 THE ENERGY! YOUR BODY IS ALREADY WARMED UP, AND THE COFFEE WILL KICK IN MUCH BETTER.

WORKING OUT BEFORE COFFEE IS THE SIMPLEST WAY TO GET MORE ENERGY FROM YOUR MORNING.

3 THE BED TRAP

JUST 5 MORE MINUTES. YOU TOTALLY DESERVE THIS REST!



WANTING TO STAY IN BED IS TOTALLY NORMAL. BUT ONCE YOU'RE AWAKE, YOUR BODY NEEDS MOVEMENT. STRETCH IN DIFFERENT DIRECTIONS, ROLL OVER, AND GET UP. IT GETS EASIER THAT WAY!

STALLING IN BED KEEPS YOU SLUGGISH. THE FIRST MOVE AFTER GETTING UP SETS THE TONE FOR YOUR ENERGY FOR THE WHOLE DAY.

4 THE EMPTY STOMACH

SKIP BREAKFAST AND SAVE YOURSELF A WHOLE 15 MINUTES IN THE MORNING!



WITHOUT FOOD, YOUR BRAIN SLOWS DOWN WITHIN 2 HOURS. A SMALL PROTEIN BREAKFAST WILL KEEP YOU SHARP AND PRODUCTIVE.

YOU CAN BOIL EGGS (OR ANY OTHER SIMPLE DISH) FOR THE WHOLE WEEK AND JUST GRAB AND EAT EVERY MORNING. QUICK, DELICIOUS, AND ZERO HASSLE!

VILLAINS NEUTRALIZED.

YOUR MORNINGS WILL BE FULL OF ENERGY FROM NOW ON!

