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5 Healthy Ways TO START YOUR DAY



January 2021

5 Healthy Ways to Start Your Day



When thinking of newsletter topics for this month, I started thinking about a fresh new year and the idea of a fresh start to each day popped into my head. So this month, we're talking all about healthy ways to start each day. Below are five of my personal favorites.

Start Your Morning the Night Before

The secret to a good morning really starts with a little pre-planning the night before. Something as simple as laying out what you will wear the next day can prepare yourself for a great day. Take a look at your upcoming schedule and make that to-do list to prevent it from dancing through your head as you try to sleep.

Avoid the Snooze Button

Waking up is hard enough, so it doesn't make sense to do it two, three or even five times in a single morning. According to the American Heart Association, hitting snooze can leave you feeling worse than getting up when the alarm first goes off. Set your clock for when you actually need to get up and get out of bed the first time. Bonus points if you move your alarm clock to across the room so you have to get up to turn it off!

Drink a Glass of Water

Drinking a glass of water rehydrates you from a full night of sleeping without fluids. It fires up your metabolism, flushes out toxins, fuels your brain for a productive day and can help balance your metabolism. Try for at least 16oz, with or without lemon.

Wait to Check your Phone

We're not saying don't check in at all, but give yourself at least 20 minutes after you rise to let emails and social media suck you in and start sapping your focus and energy. The immediate impulse of seeing if you have missed any texts, emails, Facebook and Instagram notifications is more likely to increase stress,

insecurities and comparison with others. Start your day with something positive instead.

Prioritize Exercise

First and foremost, a workout is only effective if it actually happens. Morning workouts are easier to commit to and get done before the day's responsibilities get in the way. In the evening, many people feel tired after work or school and it can be difficult to find motivation or time to exercise.

Once your workout has actually happened, it's always reassuring to know that working out in the morning is more effective in burning calories and excess fat. It also enhances your metabolism, because even after you finish your workout, you actually still continue to burn calories.

It's weird to be thinking about going to bed first thing in the morning, but exercising in the morning gives your body a healthy kind of fatigue and stress at the end of the day which results in deeper and better sleep. It also helps you get a longer rest.

Lastly, activity has been found to reduce stress and depression - which is always a great way to start your day. Fitness will produce endorphins that help prevent you from feeling down and can reduce feelings of anxiousness throughout the day.

Sometimes creating new routines can be hard, but we find these five ideas to be totally doable and the reward is totally worth the effort put forth. So maybe instead of creating that big New Years resolution, try making a new fresh start to each day.

Here's to your health and happiness in the year to come!

- Kristen Stull (and Dr Chris)



Bring Those Cards In With You!



MLK Office Hours

New Year Means Insurance Updates!

Every January we spend time talking about everyone's favorite topic: insurance! If you've had any changes with your insurance, please bring your new card in (or even send us a picture of the front AND backside) and Alex can call on your benefits and help you with any questions.

MLK Office Hours

Monday, January 18th, we will be CLOSED in the morning, but OPEN for the afternoon shift.

Please call us with any questions or to schedule or you can always pop online to save your time: <https://optimal-health-chiropractic.genbook.com>



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