

5 Great Ways to Start Your Day!



1. NATURAL LIGHT

Open the curtains or blinds in your room to let in some natural sunlight! This will help you to wake up easier and feel more energized by allowing your body's internal clock to properly adjust to your schedule.



2. REVIEW YOUR GOALS

It's always good to start your day with intention and purpose. If you know what your goals are, both short-term and long-term, reviewing them in the morning can help you to feel like you are on track and organized for the day ahead.



3. DRINK WATER WITH LEMON

Drinking warm or room-temperature water helps to get the day started right.



4. MAKE A HEALTHY SMOOTHIE

Start your day off with a nutrient-packed, high-protein smoothie to give you your body the nutrients it needs to tackle a busy day. Check out all of the amazing recipes on purelyinspired.com for inspiration!



5. MOVE YOUR BODY

Doing some light exercise and stretching in the morning is a great way to get your blood flowing for a natural energy boost. Exercise also helps to promote production of the feel-good hormones in the brain, like serotonin, to help you feel ready to own the day!