

## Being Active - in the Morning!!

Talk to one of those cheerful "morning people" and they'll tell you how great it feels to get up and get going early in the day. Whether you do 5 minutes or 45 minutes of activity in the morning, the benefits can make a big difference in your whole day.

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### WHY be active in the morning?

- 🚴 **ENERGIZE** your body for the busy day ahead.
- 🚴 **FOCUS** your brain for tasks at work or school.
- 🚴 **FLEX** your muscles for all-day strength.
- 🚴 **STRETCH** your body and your mind for new challenges.

### WHAT activities fit best into the morning?

Any physical activity can fit into the morning hours. If you go outside when it is still dark, just make sure to put safety at the top of your fitness list with reflective clothing and shoes. In terms of physical activity, it's always better to be safe than sorry.

- 🚴 **Stretching activities:** Slow and gentle stretches, like yoga, are a wonderful way to warm up your muscles, tendons and ligaments.
- 🚴 **Balance activities:** Try a Tai Chi tape or one of the new exercise balls to improve your balance and make a healthy mind-body connection.
- 🚴 **Fun activities:** For a new outlook on life, start your day with something that makes you smile, like a salsa dance video or a splashy water aerobics class.

### HOW can I fit fitness into my morning?

- 🚴 **Get up 5 or 10 minutes early:** If you're not a morning person, start small and set the alarm just a little earlier. Remember, you don't have to get all your activity at one time. Even 10-minute "sparks" of fitness can get you onto a fast track to health.
- 🚴 **Get clothes, shoes and equipment ready the night before:** Take a few minutes before bedtime to get yourself organized for an early walk or trip to the gym. It's one more way to make physical activity a normal part of your morning routine.
- 🚴 **Get together with friends or family:** Making a commitment to someone else can motivate you when sleeping in seems tempting. Walking kids to school is a triple fitness play - activity for you, activity for them and quality family time too!

