

friday inspiration
AUGUST 25, 2017

FOUR tips TO ADD TO YOUR Morning Routine

01 / hydration

WATER HELPS TO:

- FLUSH OUT TOXINS
- TRANSPORT NUTRIENTS
- BOOST ENERGY
- HYDRATE MUSCLES

LEMON WATER HELPS TO:

- AID DIGESTION
- BOOST IMMUNE SYSTEM

02 / movement

MOVE IN SOME WAY TO STIMULATE YOUR BRAIN IN 5 MINUTES

- STRETCH FOR 5 MINUTES
- WATCH A 5 MIN. MOVEMENT VIDEO
- 5 MINUTE WALK OUTSIDE
- GO TO A FITNESS CLASS
- DO SOME PUSHUPS
- DO YOUR FAVORITE YOGA POSES

03 / quiet time

SPEND 3-5 MINUTES TO PRIME YOUR BRAIN TO CONSCIOUSLY CREATE YOUR DAILY EXPERIENCE

- SET AN INTENTION/DAILY GOAL
- MEDITATE/CONSCIOUSLY BREATHE
- WRITE DOWN YOUR TO DO LIST
- WRITE DOWN 3 THINGS THAT
YOU'RE GRATEFUL FOR

04 / make time for breakfast

WAKE UP 10 MINUTES EARLIER TO MAKE BREAKFAST OR PACK A HEALTHY LUNCH/SNACK FOR THE DAY

- SPEND 10 MINUTES TO MAKE A
HEALTHY SMOOTHIE--
- PREPACK FROZEN FRUIT/VEGGIE
BAGS, ADD IN MORE VEGGIES AND
HEALTHY FATS.



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