**7 Steps to a Healthy Morning Routine**

A healthy morning sets you up for a healthy day. Of course, we know that not everyone is a [morning person](http://info.totalwellnesshealth.com/blog/10-tricks-that-will-transform-a-night-owl-into-a-morning-person). For those that struggle to get up in the morning, a morning routine might seem like a bit of a nuisance.

However, keeping up with a healthy morning routine can make your mornings a bit easier, as it gives you something to look forward to. Adopting a morning routine will help you feel more productive, less stressed, more energized, and ready to tackle the busy workday ahead of you.

Use the following 7 steps to start a healthy morning routine:

**No snoozing.** We can’t stress it enough, snoozing is one of the worst ways to start off your morning! Research has shown that hitting snooze can actually cause you to feel more tired and groggy than you would if you got up right when your alarm went off. If you’re having difficulties breaking the [bad habit](http://info.totalwellnesshealth.com/blog/9-bad-habits-you-need-to-break-asap-for-a-healthier-life), try placing your alarm clock out of arms reach or considering investing in an alarm clock that [forces you out of bed](http://mashable.com/2015/08/31/horrible-alarm-clocks/#KyjrzWilMiqd).

**Stretch.** After you get out of bed, do some light stretches. Stretching in the morning will help improve circulation and give you an energy boost. Since stretching increases the blood flow to your muscles, you’ll feel more energized both physically and mentally. Not to mention, stretching can also help prevent and decrease any soreness you might feel after a night of sleep. Check out this [article](https://www.popsugar.com/fitness/5-Stretches-Do-Morning-7751119) for some awesome morning stretches.

**Meditate.** The morning is one of the best times of the day to [practice mindfulness](http://info.totalwellnesshealth.com/blog/how-to-make-mindfulness-part-of-your-daily-routine). It’ll set you up for a more positive attitude and reduce any leftover stress from the day before. Meditating for even 5-10 minutes in the morning will help enhance your awareness throughout the day, give you a boost of energy, and help prevent stress and anxiety. If meditation isn’t your thing, try practicing mindfulness through deep breathing, yoga, or journaling.

**Sip on some lemon water.** Lemon water has been shown to have some [great health benefits](http://nutritionyoucanuse.com/the-ultimate-science-based-examination-of-lemon-water). Sipping on a glass of lemon water first thing in the morning with aid your [digestive system](http://info.totalwellnesshealth.com/blog/heres-why-you-need-to-stop-neglecting-your-gut-health) and help rehydrate your body. Adding some lemon to your water will also give you a dose of vitamin C and antioxidants – which can both help [boost your immune system](http://info.totalwellnesshealth.com/blog/easy-natural-ways-to-boost-your-immune-system).

**Get moving.** Exercising before work is one of the best ways to feel accomplished, positive, and productive before even stepping foot into your office. If you have enough time before work to fit in a full 30+ minute workout, great! If not, squeezing in even 10-15 minutes of exercise in the mornings is a great way to get in some physical activity. Take the dog for a morning stroll or jog, do an [at-home body weight workout](https://www.youtube.com/watch?v=_QkfRLVr2FY), or go for a bike ride.

**Eat a nutritious breakfast.** Fueling up after a morning workout is crucial to your morning routine! There’s no better way to ruin a morning than skipping breakfast. A healthy, nutritious breakfast will boost your concentration, keep your blood sugar levels in check, and help improve your mood. Be sure your breakfast includes some whole grains, healthy proteins, healthy fats, and some fruit or veggies.

**Socialize with family.** If possible, find a way to socialize with your kids or partner before running out the door. Spending some quality time with loved ones before the workday can help lower stress levels and improve your overall wellbeing. Sit down and eat breakfast together, do your morning workout together, or meditate together.

We know what you’re probably thinking: no one has time to fit in all of these morning activities! However, you don’t have to lose any sleep from having a healthy morning routine. We suggest going to bed an hour earlier and getting up an hour earlier to fit in morning activities. You won’t regret a morning routine that sets you up for a happier, healthier day!