



THEBODY360

MORNING ROUTINE – SETTING YOURSELF UP FOR SUCCESS

1. THE MORE PREPARED YOU ARE TO START THE DAY THE MORE SUCCESSFUL YOUR DAY WILL BE! [SEE EVENING ROUTINE]. PLAN AND PREPARE FOR THE DAY THE NIGHT BEFORE....SO YOUR CLOTHES FOR THE DAY SHOULD BE ALREADY READY FOR YOU; YOUR WORK/DAY BAG PACKED; ANY TRAVEL PLANS MAPPED OUT; ANY PHONE CALLS/FOOD PREPARATIONS/NECESSITIES ORGANISED.
2. GIVE YOURSELF ENOUGH TIME. IF YOU ARE LIKE ME I HATE TO BE IN A RUSH; IF MY DAY STARTS FLUSTERED...I CAN FEEL MY NERVOUS SYSTEM SET OFF IN THE WRONG DIRECTION FOR THE REST OF THE DAY. IT IS WORTH IT FOR ME TO RISE EARLIER.....SO I GET AT LEAST AN HOUR BEFORE WORK STARTS OR MY JOURNEY BEGINS TO FOCUS AND RELAX. OF COURSE THIS REQUIRES THE BEFOREHAND PREPARATION MENTIONED ABOVE
3. RISE AND SHINE WITH A GENTLE ALARM. IF YOU ARE LIKE ME, I HATE TO BE 'JUMPED STARTED' IN THE MORNING WITH AN OBNOXIOUS ALARM TONE. IF YOU NEED A GENTLE AWAKENING, PARTICULARLY IN THE DARK MONTHS, TRY INVESTING IN A SUNRISE ALARM CLOCK, OR PICK THE GENTLEST RING TONE SO YOU AWAKE CALMLY AND NOT IN A FRENZY. SET YOUR HEATING SO YOU'RE YOUR ROOM IS NOT 'FREEZING' NOR TOO WARM....EITHER WON'T ENCOURAGE YOU TO LEAVE YOUR BED!! ALWAYS SET A SECONDARY

ALARM....NOT IN YOUR ROOM THAT YOU HAVE TO RISE FROM SLUMBER TO SWITCH OFF....ESPECIALLY ON DAYS....WHERE TIME IS OF THE ESSENCE.

4. TRY TO PRIORITISE GETTING THE EARLY MORNING SUNSHINE. WE KNOW THE EARLY SUNSHINE SETS UP OUR MELATONIN AND SERATONIN AND ALL OF OUR BODY CLOCKS THAT PRODUCE THE HORMONES TO KEEP US ALERT AND HAPPY. DON'T LOOK DIRECTLY INTO THE SUN, BUT LET THE SUN (EVEN ON CLOUDY DAYS) PENETRATE YOUR FACE. DO NOT WEAR SPF DURING THIS TIME. IN WINTER MONTHS WHEN YOU LEAVE FOR WORK IN THE DARK/ TRY TO GET JUST 10 MINUTES OF SUN BEFORE STARTING FOR THE DAY.
5. ON WAKING PRACTISE SAYING A WORK OF GRATITUDE. SOMETIMES WE ALL WAKE DREADING A BUSINESS MEETING; OR FAMILY DISCUSSION, OR SOMETHING WE JUST DON'T WANT TO ATTEND TO....BUT....SADLY THERE ARE MANY HUNDREDS OF THOUSANDS OF PEOPLE WORLDWIDE, WHO WILL NOT HAVE THE LUXURY OF THIS DAY.....THINK ABOUT THAT EVERY DAY. GIVE THANKS ALWAYS FOR THE LUXURY OF ANOTHER DAY.
6. HYDRATE YOURSELF WELL WITH A MINERALISED WATER FROM ORGANIC LAND, OR FILTER YOUR WATER ON RISING. ADD SOME LEMON. TO KICK START YOUR DIGESTION AND DETOXIFICATION PROCESSES.
7. GET OUT INTO NATURE FOR A WALK/ OR IF THAT IS NOT POSSIBLE SIT IN QUIET CONTEMPLATION/MEDITATION OR PRACTISE SOME YOGA, OR PRAY. DO WHATEVER WORKS BEST FOR YOU TO SET YOU UP SO YOUR DAY STARTS CALM, AND YOU ARE INSPIRED FOR WHATEVER THE DAY BRINGS.
8. JOURNAL YOUR THOUGHTS. SOME PEOPLE LIKE TO DO A PAGE OF 'AUTOMATIC' WRITING. IT TAKES SOME PRACTISE, BUT JUST WRITING WHAT IS IN YOUR MIND, CAN BE CATHARTIC,

ESPECIALLY IF YOU HAVE HAD A RESTLESS NIGHT, OR WORRIES ON YOUR MIND.

9. PRIORITISE NUTRIENT DENSE FOOD 90% OF THE TIME, AND GIVE YOURSELF CHANCE FOR AN OCCASIONAL FAVOURITE TREAT
10. BREAKFAST/BRUNCH/INTERMITTENT FAST. TRY TO MAKE THE FIRST MEAL OF THE DAY NO LATER THAN 11 AM...THIS IS BECAUSE WE ARE MOST INSULIN SENSITIVE/ABLE TO TOLERATE SOME CARBOHYDRATE EARLIER IN THE DAY. WHATEVER YOUR CHOICES, TRY TO INCLUDE A SERVING EG 40G OF PROTEIN IN THAT MEAL. THIS WILL HELP YOUR METABOLISM AND KEEP YOU 'SATIATED' FOR LONGER. IF YOU HAVE NO TIME TO PREPARE BREAKFAST IN THE MORNING...THEN PREPARE IT THE NIGHT BEFORE AND TAKE IT WITH YOU...IT IS BOUND TO BE A HEALTHIER OPTION THAN MOST 'BREAKFAST OPTIONS' IN CAFÉ'S ETC.
11. DO SOME RESISTANCE EXERCISE DAILY AS YOU AGE TO HELP RETAIN MUSCLE MASS.
12. PRIORITISE PROTEIN IN YOUR DIET AHEAD OF OTHER MACRO NUTRIENTS. MINIMUM PROTEIN REQUIREMENT IS A 1 GRAM OF PROTEIN PER POUND OF BODY WEIGHT SO FOR A 130 POUND WOMAN THEN 130 GRAMS OF PROTEIN MINIMUM [N.B. PROTEIN REQUIREMENTS VARY THROUGHOUT LIFE AND MAY INCREASE IN ILLNESS, PREGNANCY, OLD AGE, ETC).
13. READ YOUR FOOD LABELS. IF THERE'S WORDS YOU DON'T UNDERSTAND....LEAVE IT ON THE SHELF.
14. CONCENTRATE YOUR FOOD SHOPPING IN THE 'FRESH PRODUCE' ISLES.

15. IF YOUR DIET IS HIGH PROTEIN, GO FOR THE VERY BEST QUALITY YOU CAN AFFORD. ORGANIC, GRASS FED, ETC, OR 'NON FARMED FISH'.
16. ALTERNATE/HOT/COLD SHOWERS. CAN REALLY HELP TO REVITALISE YOU IF YOU'VE HAD A POOR NIGHTS SLEEP. COLD DOES TAKE SOME PRACTISE...BUT IT'S GOOD TO PUSH YOURSELF OUTSIDE YOUR COMFORT...YOUR LONGEVITY GENES WILL LOVE YOU FOR IT!!.
17. ELIMINATE AS MUCH AS PRACTICABLY POSSIBLE ALL TOXIC PEOPLE FROM YOUR LIFE. IF YOU CANNOT ELIMINATE TOXIC PEOPLE COMPLETELY – LIMIT YOUR EXPOSURE TO THEM!
18. COFFEE/TEA. SOME OF US JUST CANNOT EVEN CONTEMPLATE THE MORNING WITHOUT OUR FAVOURITE CAFFEINATED BEVERAGE. JUST DON'T OVERDO THE CAFFEINE. GENETICS CAN INFLUENCE HOW EASILY WE METABOLISM COFFEE. BOTH COFFEE AND TEA CAN ALSO DECREASE IRON AND OTHER MINERAL ABSORPTION. SO BE CAREFUL TO LIMIT YOURSELF TO A COUPLE OF CUPS PER DAY...AND PREFERABLY NOT AFTER 4 PM.
19. GET A GOOD MORNING BEAUTY/MAKE UP ROUTINE....SET YOUR SKIN UP FOR A CLEANSE AND HYDRATING LIGHT MOISTURISER AND RELISH THE RITUAL AND ROUTINE OF LOOKING AFTER YOUR SKIN AND HAIR. KEEP MAKE UP [IF WORN] FRESH, SIMPLE AND VITAL.
20. ANY TIME YOU CAN....PRACTISE GROUNDING. THIS MEANS TAKING YOUR SHOES OFF AND WALKING ON THE EARTH. THERE ARE OTHER WAYS TO OBTAIN GROUNDING WHILST SLEEPING ETC. GROUNDING HUGELY RE-SETS THE BODY'S NERVOUS SYSTEM.

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