6 Brain-friendly Ways to Start Your Day

• **Don't snooze**
  Every time you hit “snooze” it interrupts your sleep cycle, making you even more tired when you do wake up.

• **Eat breakfast**
  After sleeping 7-8 hours or more, your brain needs fuel to process information throughout the day.

• **Veg out!**
  Try sneaking some veggies in your breakfast to get extra nutrients in your body and boost your brain power!

• **Hydrate!**
  Drinking water in the morning will flush out toxins and get your body systems up and running, not to mention cognitive processes.

• **Sneak in some exercise**
  There’s no better way than working out in the morning to kick-start your energy and get blood flowing to your brain for the day.

• **Jot down your thoughts**
  Take a few minutes to write down your thoughts or create a “To Do” list to start your day with a clear head.