

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.