

FIVE TIPS on how to get yourself to EXERCISE in the MORNING

WELLNESS WEDNESDAY - May 5, 2010

"But I'm not a morning person" (to be read in a whiny voice). Sorry. None of us really feel like a "morning person" when the alarm goes off. But if you want to be an "exercise person" your best bet is in the morning before kids, phone calls, computers, work, can distract you. It's much more likely to happen if you do it before everybody and everything else puts demands on you. We know all that, but it is soooo hard to get our sleepy heavy bodies out of that warm bed when the alarm rings so early in the dark quiet morning. Here are a few secrets to success that might help you get up and get moving early.

#1 Write a schedule

Do not think things will magically happen, and allow life to happen to you. Write your schedule down including when you will exercise, eat, and go to bed.

#2 Allow yourself a few days off from the early morning schedule.

Gear up for those early days and reward yourself with a few later mornings or sleep in days if that's what you love.

#3 Go to bed earlier....turn that TV and computer off!

I know we all have baseball games, dance carpoos, our TIVO'd shows to watch, the news, books to read, Facebook to update, scrapbooks to do, etc. On the nights you are going to bed earlier (because you will be getting up to exercise in the morning !) let everything go until the next day if you can. Everything will still be there, and with you getting up early and getting your exercise out of the way you will have time to tackle it all.

#4 Set out your exercise clothes the night before, and put them on right when you wake up.

Here is what you do. Alarm goes off, get up and put your exercise clothes on and brush your teeth (this really wakes you up believe it or not.) Now you should have a plan of what you are going to do for your exercise, so next put your shoes on, grab your Ipod and head for the door, or the car, or your treadmill - whatever you have planned. You are doing it!

#5 Do your morning cardio on an empty stomach.

Here is motivation. You don't get breakfast until you exercise at least 40 min cardio. You need to sweat. Studies show that doing your cardio in the morning on an empty stomach is more likely to tap into your fat stores for energy. It also raises your metabolisms and "feel good" hormones for the rest of the day. Also, your maximum heart rate is more likely to be higher first thing in the morning as opposed to evening or after work - so you will burn more calories.

Give these suggestions a try and let us know if any of them work for you. The sooner you start making a habit of early to bed, early to rise, you will get healthy, wealthy and wise.

-Dr. Theron Hall

