

Morning Exercise: The Answer to your Workday Woes

**EXERCISE IN
THE MORNING
BEFORE YOUR BRAIN FIGURES
OUT WHAT YOU'RE DOING**

Ever wonder why your coworker arrives at the office every morning beaming with enthusiasm? You know who I'm talking about. The one with marathon finisher medals and employee recognition awards adorning her workspace. She always seems so cheerful and full of energy. Perhaps her elation has less to do with conquering an early morning run and more to do with not having to get a busy family out the door. For the sake of this article, let's pretend it has more to do with her early morning workout routine.

If you're suffering from cubicle coma then a daybreak run or a boot camp class at sunrise is just what you need. It will not only provide you with the stamina to get you through the day but also equip you with the confidence to tackle laborious tasks. You'll also acquire the discipline not to snap when you trip over perky colleague's medals because the hook supporting them breaks, causing her marathon bling to land on the floor. I'll save that for a future article. Let's get back to my sharing the benefits of a workout wake up call.

There is a correlation between one's ability to problem solve and early morning physical exertion. You'll be better adept at intercepting obstacles that come your way. Feeling stressed about your afternoon meeting with the boss? Start your morning with a tension reducing brisk walk or jog. Feeling anxious about a project deadline? Quell your restlessness with a sunup swim (sorry for the shameless plug) at Wildcat Sport & Fitness.

With some prep time and the right attitude, one can easily become a morning fitness fanatic. My advice is to lay your clothes out the night before. It's also helpful to know the weather forecast for the next day when getting your gear ready. Place your alarm clock across the room so you have to get out bed to shut it off. Do NOT push that snooze button! Getting proper rest is so important if you want to succeed. Not much can derail your plan for rising early except for a poor night's sleep.

With a little planning and consistency, you can easily have your workout finished by the time your neighbors are just crawling out of bed. Not only does morning exercise leave you with fewer excuses for skipping a workout but your evening will be free now that your fitness regimen is out of the way. You'll also benefit from revving up your metabolism so you burn more calories throughout the day. Remember that early morning training is what you are doing while your colleagues are snoozing.



Yours in Health,

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