3 Ways to Get High Energy in the Morning

We’ve all experienced it - we set our alarm for 7AM with the best of intentions, but when the time comes, we hit the “snooze” button repeatedly and start our day much slower than we hoped.

Starting the day sluggishly sets a disappointing tone for the rest of the day. It’s hard to feel motivated and upbeat when you start your day behind schedule. Everyone wants to wake up with energy, but most of us start our mornings on a slow note.

Fortunately, it is possible to wake up early and have high energy to start your day. By making a few small changes to your morning routine, you can shake off sleep inertia quickly and tackle your day with enthusiasm.

**1. Exercise as Soon as You Can**

It sounds counterintuitive but exercising soon after you wake up is a great way to energize yourself for the rest of the day. Exercising when you wake up energizes your body and mind, and helps you shake off feelings of grogginess.

Ideally, your morning exercise routine should take place outside (if possible). Sunlight and fresh morning air can play a role in waking up your mind and body, but indoor exercise can work just as well.

Exercising puts your metabolism in gear, which helps maintain your energy levels throughout the day. Any type of exercise will help you wake up in the morning. Whether you prefer jogging, yoga, or lifting weights, exercising after a night of quality sleep will refresh your mind and energize your muscles.

**2. Eat a Healthy Breakfast**

Breakfast is the most important meal of the day. Think of it like you’re fueling up your car before going to work. Your body burns calories overnight, and you need to replace them with healthy calories in the morning to maintain high energy throughout the day.

Don’t see this as an excuse to pack on empty carbs when you wake up. If you fuel your body with sugar and other empty carbs in the morning, your body will burn through its energy supply quickly, and you’ll feel worse once it does.

Eggs, oatmeal, yogurt, fruit, and turkey-based proteins are excellent choices for breakfast. By a large, nutritious breakfast in the morning, you’ll feel your energy levels rise quickly, and stay at a manageable level throughout the day.

**3. Don’t Hit That Snooze Button**

We’re all guilty of hitting snooze when our alarms go off before we feel ready to get out of bed. Even though hitting snooze means we only get to sleep for a few more minutes, it can have detrimental effects on our energy levels for the rest of the morning.

Our brains release serotonin when we fall asleep, giving us a warm, comfortable feeling. When we wake up, our brains counteract this feeling by releasing dopamine, which wakes us up. By hitting the snooze button, our brains are filled with two hormones trying to counteract each other, making it difficult for us to feel awake and alert once we do get out of bed.

It isn’t fun but get up with your first alarm. You’ll thank yourself when you notice increased energy levels throughout the morning.