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**5 Ways To Jump Start Your Morning**

**By Kathy Gates**

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I'm not a morning person. I'm lucky to know my name, much less bounce out ready to face Denise Austin's morning workout. Not this girl. So I decided to stop fighting it, and start working with it. As the decorators say, if you can't hide it, paint it red.

So that means that I need to take care of some things the night before in order to start my day off in a calm, collected way. If you're not much of a morning person either, try these ideas, and see if they help your morning go a little smoother too.

1. Think about Breakfast: Get a jump start on your morning by setting the breakfast table the night before. Borrow this idea from restaurants (and especially if you have kids), set out bowls or plates, silverware, and even the cold cereal, protein bars, fruit, anything that you can for the first meal. If you're a hot meal breakfast family, a crock-pot set up the night before works well. In my house, we even use paper plates and throw-away forks. just makes clean up that much easier.

2. Think about Lunch: If you're making several lunches –or even only one – put each person's preferred lunch food into their own personalized small plastic basket in the refrigerator — things like juice, soda, fruit, chicken nuggets and veggies (already divided into individual baggies), or anything

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prepackaged. I even stash the Peanut Butter and Bread right in the same section, so I don't have to hunt for it to make a sandwich. Other things like chips or cookies (again either prepackaged or already divided into individual baggies) are set up on the kitchen counter next to each person's lunchbox. Packing it up is a snap.

3. Think about Dinner: If you're the cook, plan the night before what will be for dinner the next day. Collect all ingredients, place them in one spot on the kitchen cabinet, or in a special part of the refrigerator.

If you're going out, picking up, or ordering out, make that a Family Decision the night before. No "what's for supper" surprises.

4. Think about Wardrobe: Now I am the type who dresses according to how I feel when I get up. dressy, funky, comfortable. So each night, I make sure I put together 2 or 3 outfits, and hang them out on the front of the closet. (Tip: Never have anything hanging in your Main Closet that needs cleaning, needs repair, or doesn't fit). That way, I still have a choice, but don't have to destroy my closet – and my sanity – trying to find something to wear each day. This works for kids, and husbands, too. Some people don't mind deciding the night before, so you might just have one outfit ready, but if you're a little on the kooky side like me, give yourself some breathing room.

5. Think about Leaving: The house, that is. Similar to what you have set up for each person in the house for lunch fixings, also have baskets located strategically for going out the door. These baskets should hold ONLY stuff that you need for the next day — keys, school stuff, dry cleaning, errands lists, cell phone, store returns, etc. Anything that is going out the door the next morning should be in that person's basket before they go to bed. (TIP: The "basket" might be backpacks for the kids and might hang on the back of kitchen chairs.). No last minute searches for the video to return, or writing a note to the teacher. It's all ready and waiting for you to just

pick up and GO.

Now -- Think about all that EXTRA SLEEP you'll get!

Don't try to do it all at once. Implement one step at a time. After you get this system in place, all 5 steps should take you less than 15 minutes in the evening – and save you loads of time in the morning. And you'll go to sleep knowing that your morning is going to be calm, pleasant, and organized.

Kathy Gates, Professional Life Coach, believes that "Life Rewards Action". She can help you create goals, overcome procrastination, organize your time and money, find your true passion, and learn to love the real you. Visit [www.reallifecoach.com](http://www.reallifecoach.com), email [Kathy@reallifecoach.com](mailto:Kathy@reallifecoach.com), or call 480.998.5843

## 2 Ways to Start Burning fat Quickly

### By Adrian Bryant

#### 1. Start Exercising first thing in the morning.

As soon as you wake up in the morning workout for at least 30min to an hour. Studies show that working out in the morning has been shown to burn up to 3x as more fat as opposed to working out at any other time during the day. Here's Why:

During the day your body's main source of energy is the carbohydrates that you get from eating your meals. As you sleep at night for 6+ hours your body uses up all those carbohydrates as energy for various bodily functions that go on even while you sleep. When you wake up in the morning your body doesn't have any carbohydrates as energy to use and it will look to burn body fat instead for energy.

For you to take advantage of this morning fat burning opportunity you have to exercise first thing in the morning. Don't eat breakfast because if you do you'll just give your body some carbohydrates as a source of energy instead of the body fat that you want to burn for energy.

Another great thing about working out first thing in the morning is that your metabolism gets revved up after your morning workout. Morning workouts keep your metabolism elevated throughout the day. An elevated metabolism throughout the day only means that you'll burn more calories and lose more weight. If you workout at night you may still burn fat while you workout but as soon as you go to sleep your metabolism will slow down and you'll miss out on all the extra fat that you can burn during the day if you had exercised in the morning. When you sleep your metabolic rate is always at its slowest.

Other reasons why its good to exercise first thing in the morning is that you get the workout out of the way, and working out in the morning will also reduce your level of stress throughout the day.

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Advanced Tip: Want to burn even more fat? Add another workout to your daily routine 4–6 hours after your morning workout. Keep your already high metabolism higher by adding a 2nd workout during the day. If you're seriously thinking about adding a 2nd workout to your daily routine then try to do your cardio workouts in the morning. Mostly fat calories are burned doing cardio at a moderate intensities. Make your 2nd workout of the day a workout with weights. Mostly carbohydrate is burned doing weight–training workouts. The muscle that you build from weight training will also help you burn fat. 1lb of Muscle burns 50 calories a day or 1lb of fat every 70 days. Not only will you be burning more calories, you'll look better - whatever your weight is.

### 2. Eat Breakfast

Another way to keep your metabolism revved up all day long is to eat breakfast. After you workout in the morning as discussed earlier, just have breakfast and you'll give your body the perfect 1–2 combination to jump start your metabolism.

Eating breakfast in the morning is what gets your metabolism started. Don't skip breakfast and wait

until mid–morning or afternoon to eat, your metabolism will run slower causing you not burn any extra fat.

Think about this way–Your metabolism is a fireplace that'll burn fat all day long for you if you operate it correctly. When you eat breakfast you are basically throwing a log onto that fireplace to get it started burning fat.

Eating breakfast will help stop those cravings you may have later on in the day and along with working out in the morning, eating breakfast will also keep you energized throughout the day and lower stress levels.

Advanced Tip: Instead of eating only 2 more meals during the day like lunch & dinner, try to eat 4–5 more small mini–meals spaced 2–3 hours apart during the day. Remember the fireplace? By eating these mini–meals you'll be throwing just the right amount of "wood" on the fireplace to keep your metabolism burning calories throughout the day. Don't shut down your metabolism by eating big lunches or dinners, keep that metabolism of yours burning fat all day long.

Morning Checklist Workout for at least 30min after waking up in the morning Eat a healthy breakfast

Burn fat & lose more weight during the day

Use these 2 tips to reveal that six–pack, fit into that dress for an upcoming event like a wedding or reunion, or to impress that special someone. Whatever your fitness goal is these 2 tips above will surely help you reach them.

Adrian Bryant is a Personal Trainer and creator of NowLoss: The World's Best Weight Loss Program. Be sure to check out his web site at

## 5 Ways To Jump Start Your Morning

. Adrian Bryant has helped many people

reach their fitness goals in his 10+ years of personal training. Adrian holds a B.S. degree in Exercise science from Longwood University.

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