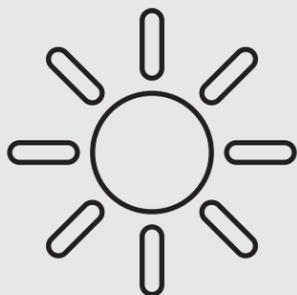


RISE WITH THE SUN OR EARLIER



Waking early and at a consistent time each day improves our body's hormonal rhythms which can boost our mood and support a healthy sleep cycle.

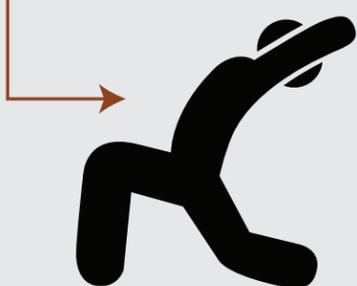
CONTROL THE FIRST 1-2 HOURS OF YOUR DAY

Minimizing early morning stress ensures your day starts with a positive state of mind. Rituals, such as making coffee, watching the sun rise, playing with a pet or simply deep breathing can be extremely calming and impactful on the day to come.



TAKE A 5-MINUTE COLD SHOWER

Years of research shows cold showers can cause significant increases in fat and calorie burning, while reducing blood sugar and systemic inflammation.



FIND YOUR FLOW

As little as 5-10 minutes of yoga added to your morning routine optimizes blood flow and reduces muscle tightness. Remember, a body in motion tends to stay in motion.

Every 30-minutes throughout the day, stand tall and squeeze the glutes! Set a daily goal of 10,000-30,000 steps and 20-50 flights of stairs. Postural overuse, such as long hours seated at a desk or standing with our hands on our hips, is at the root of nearly all non-contrast pain and injury.

ALWAYS BE MOVING



USE YOUR STRENGTH

Building strength, especially in the hips and back, is directly correlated to longevity and the reduction of pain and injury. When it comes to strength and bone mass, if you are not gaining muscle and bone, you're losing muscle and bone.

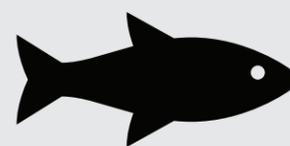


LIGHTS OUT

After dinner, put your phone away and avoid all possible forms of bright light and outside influencers of thought. Blue light, the form emitted from cell phones and other tech devices, TV's, and even most common lightbulbs can suppress melatonin and disrupt the sleep cycle we have been working all day to optimize. Social media and stress-inducing TV shows can also raise levels of stress hormones and keep us awake. Opting for calmer, nights and amber lightbulbs in a bedside lights will almost always improve sleep quality.

DINNER

At RUNGA, we say dinner is the most important meal of the day. In fact, we often skip breakfast. Dinner should always be a healthy, plant-based meal with plenty of fat and protein. Dinner is another ritual based practice, best enjoyed with friends and family. Up to 5 glasses of wine per week, but never more than one in a sitting, is RUNGA - approved.



= RUNGA =

HIT THE RESET BUTTON