

TOTEM NUTRITION



5 Essential Morning Rituals for Dominating Your Day

Tips, tricks, and daily prompts to stay on track, hit your goals, and maintain a healthy lifestyle.

#1 MORNING COCKTAIL

Your body dehydrates as you sleep. In fact, each night while you're sleeping, you lose about a pound of water weight just by breathing. Not to mention what you might sweat out, or the fact that when you wake up, you likely haven't had a sip of water for over 7 hours or so. Dehydration can wreck havoc on your brain and body function, so it's important to replenish your hydration immediately upon waking. This morning cocktail, and not your coffee, should be the first thing to hit your lips each morning upon waking. It replenishes lost water, electrolytes, and helps you keep your energy levels up without caffeine. Have this morning cocktail, then your favorite cup of joe.

RECIPE:

- 8 oz cold, filtered or spring water
- Generous one finger pinch of ancient sea salt (such as Himalayan)
- Squeeze of lemon or lime

Combine all ingredients in a glass and gently stir until salt is dissolved. Can be made the night before and refrigerated.

#2 MORNING AMRAP

While you sleep, your heart rate and breathing slow, while your body temperature drops. You've also been sedentary all night and will likely spend the day behind a desk. Each morning before you hop in the shower knockout this simple 5 minute AMRAP (As Many Rounds As Possible) bodyweight workout. Getting your body moving first thing in the morning will help get your heart rate up, put oxygen back into your muscles, and make you feel energized. This simple routine won't get your ripped, but it will get your blood flowing and your mindset on track.

PROGRAM:

- Before you get in the shower, set a timer for 5 minutes and go through these exercises as many times as you can in that time period. If an exercise is unfamiliar, check out Youtube for a tutorial.
 - 15 Jumping Jacks
 - 20 Air Squats
 - 1 Burpee
 - 5 Push Ups
 - 5 Jump Lunge Each Leg
 - 10 Deadbugs Total



#3

MORNING CHILL

Each day, make an effort to reduce the temperature of your morning shower by just a little bit. Cold water provides immense hormonal, neurotransmitter, and endorphin benefits for your body, skin, and mind. Even though the adjustment period can be rough, the results are well worth it! Research shows that cold showers can: improve immune function, reduce anxiety and depression, boost mood, jumpstart your metabolism, increase blood flow, energize your body and mind, and help you practice mindfulness.

PROGRESSION:

Week One: End each shower with a quick blast of icy water. Make sure to turn front and back.

Week Two: Midway through your shower, make the water as cold as you can tolerate and take 15 deep breaths front and back. Return to favored temperature.

Week Three: Midway through your shower, make the water slightly colder than you can tolerate. Take 30 deep breaths front and back. Return to favored temperature.

Week Four: Begin the shower with water that's slightly colder than your normal shower. Shower as usual.

Week Five & Beyond: Continue dialing the water colder with each shower. Shower as usual.

#4 MORNING THANKS

We all have so much to be grateful for. Even if things don't seem to be going our way, there is always something to be grateful for. Our team has found that the quickest way to improve a crummy situation is to find something about the situation to feel genuinely grateful for. Gratitude will change your life. It's important to sit down for just 8 minutes each morning (set a timer) with your favorite notebook and pen to jot down all of the things in your life that you're grateful for AND the reason why you're grateful for them. We've provided some prompts below if you need them!

PROMPTS:

- Who in your life are you grateful for?
- What are you physically capable of that you're grateful for?
- What material possession has brought you joy that you're grateful for?
- What teacher / coach / trainer are you grateful for?
- What knowledge do you have that you're grateful for?
- What friends or family are you grateful for?
- What experience are you grateful for?
- When in your life were you the most grateful?
- Are you grateful for being healthy? Happy? Strong? Smart? Loving?



#5 MORNING LIGHT

The sun has always indicated the start of a new day, and our genes are programmed to greet the morning sun each day. The light from the sun helps set our circadian rhythm in motion, so it's important to step outside upon waking to feel the sun and its effects throughout the day. Ideally, you could do your Morning AMRAP or Morning Thanks outside to bask in the glory of the morning sun. If you have the luxury of privacy, try to step outside in as little clothing as possible to maximize the amount of skin receiving sunlight and to activate your body's own internal systems for warming up (if the morning air is a little chilly). For added bonus points, step outside onto the dewey morning grass while barefoot for added health benefit.

PRO TIP:

If you live somewhere with a long, cold winter then it's even more important to step outside each morning to greet any sun that's available - even if it means bundling up to do so. You'll feel more energized through these lethargic months. You can also purchase a blue light that mimics the light wavelengths of the sun to help your body through these dark and grey times.

