

# YOUR GUIDE TO GETTING FIT



## Morning

- Jumpstart your metabolism first thing with a **quick workout**. Your body will spend more of the day in calorie-burning mode.
- Studies show that morning exercisers are more likely than evening exercisers to stick to a workout **routine**.
- Moderate movement in the morning helps loosen up stiff muscles to **increase flexibility** throughout the day.



CHEW ON THIS



**Almonds** contain vitamin E, which helps prevent macular degeneration, and monounsaturated fat, which helps keep you full longer.



CHEW ON THIS



**Oranges** contain vitamin C, which may reduce the risk of cataracts, and carbohydrates, which give you a little energy boost.



## Afternoon

- Adjusting daily activities to include more walking or **stair climbing** is an efficient way to fit exercise into a busy schedule.
- For non-morning people who like their ZZZs, afternoon workouts **generate energy** and don't interfere with sleep.
- Mid-day exercise can clear the brain and **increase focus** by stimulating the part of your brain that's in charge of attention.



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*The content of this article is for general informational awareness purposes only. Please consult your eye care doctor or physician for actual advice.*

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