Healthy Habits In The Morning

A healthy morning routine can enable you to start a new, energetic day; it also plays an important role in maintaining your health and lengthening longevity

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Studies indicate that those who have healthy habits in the morning often have a lower risk of chronic diseases and a higher quality of life. Developing good habits upon waking can positively affect your cardiovascular, digestive, nervous, and immune systems. The following are simple morning habits that can bring remarkable health benefits if you observe them every day, according to the Suc khoe & Doi song news site.

Drinking a glass of warm water after getting up: After a seven- to eight-hour sleep, your body is short of water because of respiration and excretion during the night. Therefore, drinking water right after getting up is important for waking your body.

A glass of warm water in the morning helps rehydrate your body, stimulate metabolism, and help eliminate waste. Warm water helps dilate blood vessels and accelerate circulation, thereby improving cardiovascular function and reducing the risk of blood clots. It also helps stimulate peristalsis, improving digestion and reducing constipation. Drinking enough water in the morning helps improve skin moisture, making skin brighter and slowing down the aging process.

Deep breathing and short meditation: Stress is one of the leading factors that decreases health and shortens life span. Spending a few minutes in the morning practicing deep breathing and meditation brings about considerable benefits.

Deep breathing helps increase the oxygen supply to your body, thereby improving brain function and concentration. It can also help regulate your heart rate, stabilize blood pressure and reduce stress. Meanwhile, morning meditation promotes a positive mood, reduces anxiety, and enhances emotional control.

You should inhale through your nostrils for four seconds, hold your breath for 2-3 seconds, then exhale through your mouth for 6-8 seconds. Make it for 5-10 minutes every day.

Light exercises and stretching: Light exercises in the morning help wake up your body, accelerate blood circulation, improve muscle and joint flexibility. Yoga, stretching and walking can help reduce aches and improve your mood. Morning workouts can help stimulate the production of endorphins, the hormone that helps relieve pain, reduce stress and improve mood, thus improving quality of life, lengthening lifespan, controlling weight, and reducing the risk of high blood pressure, diabetes and cardiovascular disease.

Exposure to sunlight in the morning: Morning sunlight is a natural supply source of vitamin D for the body. Vitamin D helps increase calcium absorption and prevent osteoporosis. Exposure to morning sunlight helps reduce melatonin secretion (the hormone that causes drowsiness), helping you stay alert and stabilize your circadian rhythm. Studies show that those who regularly expose themselves to morning sunlight have a lower risk of sleep disorders and depression than those who do not.

You should spend 10-15 minutes walking outdoors, doing light exercise, or exposing yourself to morning sunlight every day to help your body absorb an essential amount of vitamin D.
Having sufficient and healthy breakfast: Breakfast supplies energy for the body after a long night's rest. A balanced breakfast should include protein (eggs, milk, and lean meat), dietary fiber (fruits and vegetables), carbohydrates (whole grains), and healthy fats (nuts). A sufficient and healthy breakfast can help stabilize blood sugar, relieve hunger (thus helping reduce overeating at other meals of the day), improve brain function, and enhance concentration and memory.