

# 6 HEALTHY HABITS

*Increase Energy + Strengthen Immunity*



## MORNING MOVEMENT

5-10 mins of movement first thing. Dance, weights, walk, run, jumping jacks, yoga... Get the body and breath moving before caffeinating or eating. Shake off the stagnant energy of sleep and infuse every cell with oxygen before getting on with the day. You'll get a hit of natural energy and make better choices right out of the gate!!



## HYDRATE FIRST THING

Room temp or warm water first thing offers deep hydration after a long restorative sleep. The body is in elimination mode in the morning and this stimulates and supports the body to release toxins and to ideally have a bowel movement before the day starts! Many people who start this easy habit feel so much better right away.



## COLD THERAPY

The energizing and immune boosting powers of cold therapy are massive! Science has a lot to say about cold therapy building and supporting a resilient immune system. Don't take my word for it. The trend is catching on and people all over the planet are turning the shower to cold in the name of optimal vitality! Finish your shower with 30 secs of cool or cold water to get this habit going!



## DAILY DOSE OF TURMERIC

Turmeric powder is the queen when it comes to anti-inflammatory power. Chronic inflammation leads to all the health and energy issues we have in today's modern world. Taking turmeric daily is an amazing way to manage and improve inflammation markers in your body which boosts immune function and gives us more energy! [Click here for a great Golden Milk Recipe.](#)



## EARLIER EVENINGS

Bedtime routines are not just for kids! Quality sleep is the foundation for a healthy thriving life. It's no secret. Yet we still find ourselves ignoring our evening fatigue and staying up later than serves us. Listen to your evening fatigue, avoid the second wind. A better sleep leads to a better next day. When done consistently day after day it leads to a better life!! Start by paying attention to the fatigue and going to bed 15-30 mins earlier a few nights this week. See what happens :)



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