



make
TODAY
unabashedly
energetic

No matter what your resolution is this year—whether it’s getting healthier or building stronger relationships—physical activity can help you focus and achieve your goals. It’s a win-win.

Celebrate fitness

This month, start the habit of waking up early to move that body. Try these 3 tips for success:

Prepare the night before.

Get your workout clothes, shoes, and favorite playlist ready, so you’re good to go first thing the next day.

Place your alarm far away.

The farther, the better (within earshot). By the time you turn it off, you’ll be up on your feet.

Get some sunrays.

When your eyes sense light, your brain starts to feel alert and energized, so soak up those rays by standing near an open window or by placing your bed to face east.

For inspiration, visit kp.org/fitness.

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