Wake up and work out!
Get out of bed and go! Get a great start to the day and boost your metabolism by doing some light exercises after your alarm goes off.

**Tip:** It’s easier to commit to something when it’s first thing in the morning, every morning. Go to the washroom and have a drink of water beforehand, but don’t eat breakfast yet!

As you wake your body up, move from gentle exercises to more vigorous exercises.

**Stretch**

**Cat cow**

Borrow one from the yogis! On your hands and knees, alternate between arching your back and curling up with your head tucked in. This will warm up those postural spine muscles.

**Sit and reach**

With your legs out in front of you, slowly reach towards your toes. If there’s too much strain on the back of your legs, bend one at the knee and pull it back (making a triangle at your thigh) so you can focus on one leg at a time.

**Strength**

**Plank**

Activate your abdomen by holding a plank position on your elbows for 30s or longer.

**Sumo squats**

They’re just like regular squats, but you place your feet slightly wider than your hips and pointing outwards. Bend at the knees and go down as far as you can before your butt starts to tuck in. Do 10.

**Move**

**Lunges**

Step forward and bend at the knees. Walk forward with 10 lunges, then turn around and do 10 walking lunges back.

**Jumping jacks**

Finish off with a quick heart pumper! Do 15 jumping jacks to get your blood flowing everywhere.


Images: http://busymommymedia.com/easy-at-home-fitness-tips/