



**Tip 1:** **Energizing Start** – Breakfast is your body’s morning refueling stop. After 8-12 hours without a meal, your body and brain need to replenish its glucose (blood sugar).

**Tip 2:** **Nutrient Connection** – Breakfast provides more than calories or food energy. Those who eat a morning meal regularly usually have a higher intake of vitamins, minerals, and fiber.

**Tip 3:** **Weight Control** - Eating a healthy breakfast can reduce hunger throughout the day, and help people make better food choices at other meals. While it might seem you could save calories by skipping breakfast, this is not an effective strategy. Typically, hunger gets the best of breakfast-skippers and they eat more at lunch and throughout the day.

## Weekly Exercise: Tree Pose



### Exercise Instructions:

- 1.) Seated or standing, bring the outside of your hands together in front of your ribcage.
- 2.) Hold for 30 seconds.

*\*For more wellness tips and activities, visit <http://livewellshinebright.methodisthealthsystem.org>*