

# **The Morning of a Successful Person**

Утро успешного человека

**We were born to succeed, not to fail.**

Henry David Thoreau

# Morning Exercises



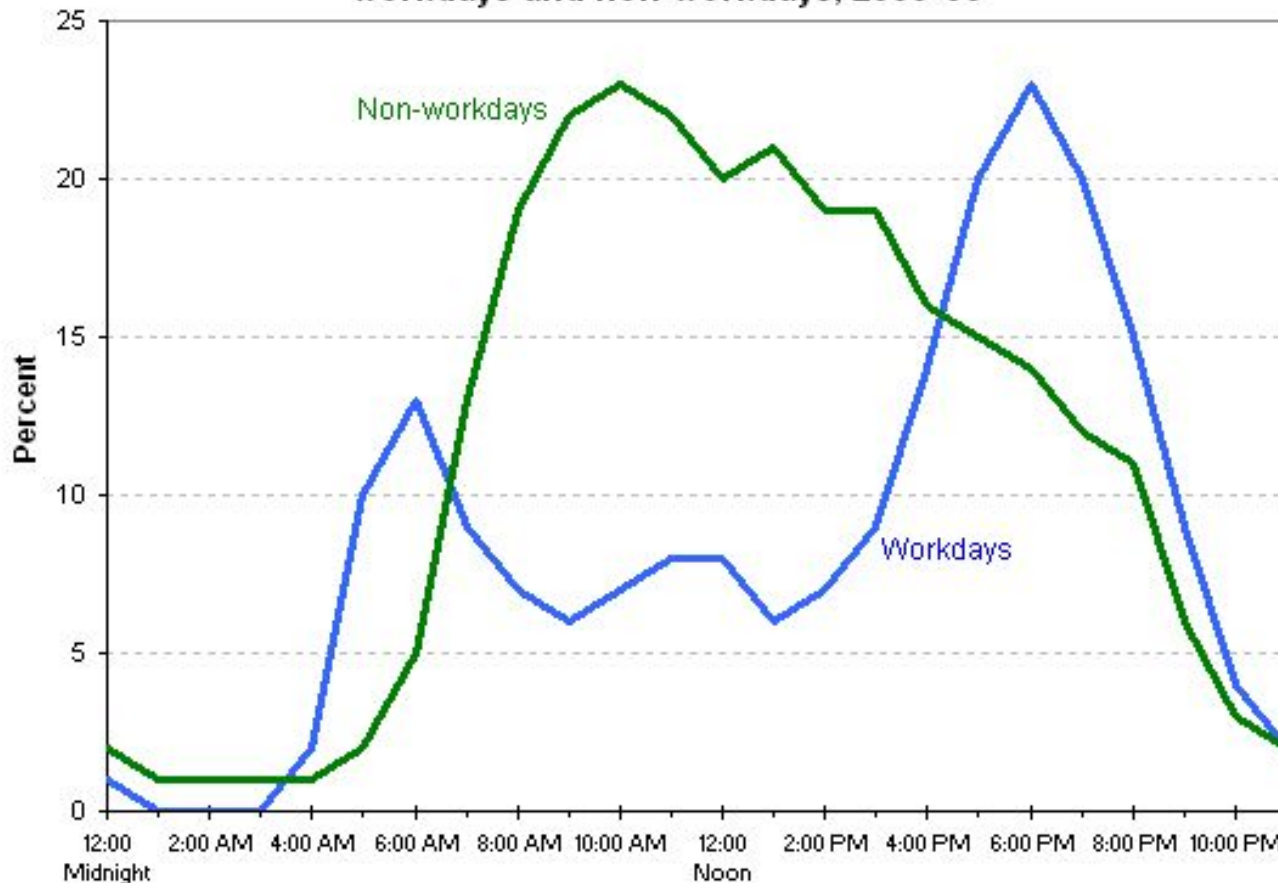
- Getting up early is not easy for many people, but there are many benefits to an early morning exercise routine. With our busy days, it can be easy to make excuses to not exercise. However, if your exercise is the first thing in the morning, you will feel more energized during the day, specialists suppose.

# **The true facts about the effectiveness of doing morning exercises:**

- Specialists suggest starting your daily exercises routine with 30 minutes of physical exercises;
- Regular physical exercises are the best technique for everyone;
- After getting practice in the morning you have a clearer head and a lot of energy.

# When should you do morning exercises?

Percent of employed people aged 25 to 54 years who engaged in sports and exercise activities on an average day, by hour of day when exercising, workdays and non-workdays, 2003-06



# How to Wake Up.





# Proper breakfast



# Breakfast doesn't include:





# Meditation



# Jogging



# Sports and exercises activities in my class

