

HUMAN RESOURCE DEPARTMENT

We CARE

ORGANISATIONAL DEVELOPMENT AND EMPLOYEE WELLNESS

#StayWellStayStrong

PHYSICAL WELLBEING YOUR HEALTHIEST SELF



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*Inspiring excellence.
Transforming lives.*

JUMP START YOUR DAY!

PHYSICAL ENERGY

How you start your morning determines the tone for the rest of the day.

Instead of hitting the snooze button in the morning, take extra **10 minutes to stretch**. It will not only wake your brain up but your body as well!

It's a great way to **energize the morning** and **ease away any stress or tension** from the previous day or a funky sleeping position.

Try this easy stretching sequence when you wake up to get your blood flowing and your body primed for the day.



BENEFITS OF STRETCHING AFTER WAKING UP

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■ GETS THE BLOOD FLOWING & YOUR MIND STIMULATED

During sleep, your brain and muscles are at rest. In order to fully function, you need to **get blood flowing** throughout your body and into your brain. Stretching will help **increase blood flow**. Stretching first thing after waking up will encourage the body to **perform better** in everyday activities, including physical exercise.

■ IMPROVES POSTURE

By stretching right after you wake up, you are actually **helping your muscles relax**. Tense muscles lead to poor posture.

■ PREVENTS BACK PAIN & OTHER INJURIES

Stretching in the morning will **relieve pain** by **reducing the tension on your spine** or any other body stiffness you are experiencing.

BENEFITS OF STRETCHING AFTER WAKING UP_(CONT.)

■ INCREASES OVERALL FLEXIBILITY

Stretching when you wake up from a long night's sleep (similar to stretching after a long day at work) will **reverse the wear and tear on your muscles**, aiding in overall **mobility and flexibility**.

■ PROVIDES ENERGY THROUGHOUT THE DAY

You gain **more energy and motivation**. Movement stimulates the brain through increased blood flow, to function efficiently throughout the day.



BENEFITS OF STRETCHING AFTER WAKING UP_(CONT.)

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MORNING STRETCHES FOR FLEXIBILITY VIDEOS



[MOBILITY & STRETCH ROUTINE](https://youtu.be/hf4IYSg1Xpl)

<https://youtu.be/hf4IYSg1Xpl>



[MORNING STRETCH TO INCREASE FLEXIBILITY & BOOST ENERGY](https://youtu.be/AUX4x1UN0V8)

<https://youtu.be/AUX4x1UN0V8>



[SIMPLE MORNING STRETCHES TO WAKE UP YOUR BODY UP](https://youtu.be/X1MfBw02h08)

<https://youtu.be/X1MfBw02h08>



[WAKE UP & ENERGIZE WITH THESE 5 MORNING STRETCHES IN BED](https://youtu.be/7o4waoBblZA)

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ENERGY BOOSTING BREAKFAST FOODS

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HEALTHY BREAKFAST

After a night of sleeping, we've burned through up to **80%** of our energy stores.

When we wake up, we're running on empty, so it's a good idea to **refuel with energy boosting foods!**

A nutritious, well-balanced breakfast can give you **energy** and **prevent you from eating too much during the rest of the day.**



TEN BEST FOODS TO EAT IN THE MORNING



EGGS

Eggs are **high in protein** and several important **nutrients**. They also promote fullness and help you eat fewer calories.



GREEK YOGHURT

Greek yogurt is creamy, delicious and nourishing. It is **high in protein**, helps **reduce appetite** and may aid **weight loss**. Certain types also contain beneficial probiotics.



NUTS

Nuts contain a **blend of protein, fats**, and some **carbohydrates** to provide energy throughout the day. Nuts are typically also rich **sources of vitamins and minerals** such as magnesium, calcium or phosphorous.



OATMEAL

Oatmeal is the best breakfast choice for cereal lovers. Oats are also rich in **antioxidants**. It may also **benefit heart health, decrease blood pressure** and **lower cholesterol**.



WHOLE GRAINS

Whole grains like whole-grain breads, and cereals are breakfast staple. Whole grains **provide other minerals** and **nutrients** that can help **balance blood sugar** and **prevent binge-inducing energy crashes**.

TEN BEST FOODS TO EAT IN THE MORNING (CONT.)



FRUITS

All types of fruit contain **vitamins, potassium, and fiber**. Bananas, berries, apples, oranges are fruits that can **boost energy levels**.

A good way to add fruit to your breakfast is to **eat them with Greek yogurt or in a smoothie**.



AVOCADOS

It contains **nutrients, protein, and fiber** that may help **sustain energy** levels throughout the day.



COTTAGE CHEESE

Cottage cheese is **high in protein**, which promotes feelings of **fullness and increases your metabolic rate**.



PROTEIN SHAKE

Another great way to start your day is with a **protein shake or smoothie**.



GREEN TEA

It is one of the healthiest beverages on the planet. It contains an **antioxidant** called EGCG, which **benefits your brain and nervous system**.

CONCLUSION

- **YOUR MORNING HABITS CAN MAKE OR BREAK YOUR DAY.**
- Challenge yourself to try **changing your morning routine** in such away that you feel calm and energetic through the day!
- Follow the **Perfect Morning Design Model** worksheet by Dirk Swart, presenter of the Mastermind workshop.

We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

- Aristotle



THANK YOU!

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