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Continued. 7. Get moving. Exercise is a natural energy booster, because whenever you do it, oxygen-rich blood surges through your body to your heart, muscles, and brain. Regularly squeezing a ...

**10 Ways to Boost
Your Energy in 10
Minutes**

♥ 5 simple stretches to

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energise your morning

for you to have an

AMAZING day ahead!

Do these exercises

daily 1st thing in the

morning.♥ Be sure to

LIKE, SHAR...

5-Minute Morning Stretches to Power Your Day - YouTube

Ready for a 5 Minute
Positive Energy Boost?

Use these Morning I

Am Affirmations

designed to help you

have a Wonderful Day.

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A short introductions
gets you rig...

Morning I Am Affirmations for a Wonderful Day | 5 Minute ...

So take five minutes
and try one of these 10
simple ways to lower
stress, boost your
mood, and get more
energy. It might give
you that extra spark
you need to meet the
challenges of the day.

1.

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10 Ways to Improve Your Day in Just 5 Minutes

The 5-Minute Morning Metabolism Boosting Workout. This workout is a circuit workout. Each exercise is performed one after another with minimal rest ... You can use this as a quick 5-minute boost in the morning, or you can perform the circuit 3 total times for an awesome 20-minute

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5-Minute Mood
Boosters. Five minutes
is a deceptive unit of
time. On one hand, it
doesn't seem like
enough time to really
do anything. And yet,
five minutes can also
feel like an eternity

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5-Minute Mood Boosters | meQuilibrium

Podcast Overview: My latest book has 101 5-minute boosters you can add to your morning routine to boost your happiness. ... My latest book has 101 5-minute boosters you can add to your morning routine to

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minute morning
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Make sure you drink water in the morning before your coffee, then keep sipping a few more glasses throughout the day. Just how much water you may need is largely individualized, according to the Mayo Clinic. But an “adequate” intake is defined as 15.5 cups of

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all types of fluids daily
for men and 11.5 cups
of fluids daily for
women.

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5-Minute Mood

Boosters to Feel

**Happier | Diana Kelly
Levey**

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smoothie is super easy
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subscriber list has
exploded to over 2
million, and they
expect to earn over
\$20 million in 2020.
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