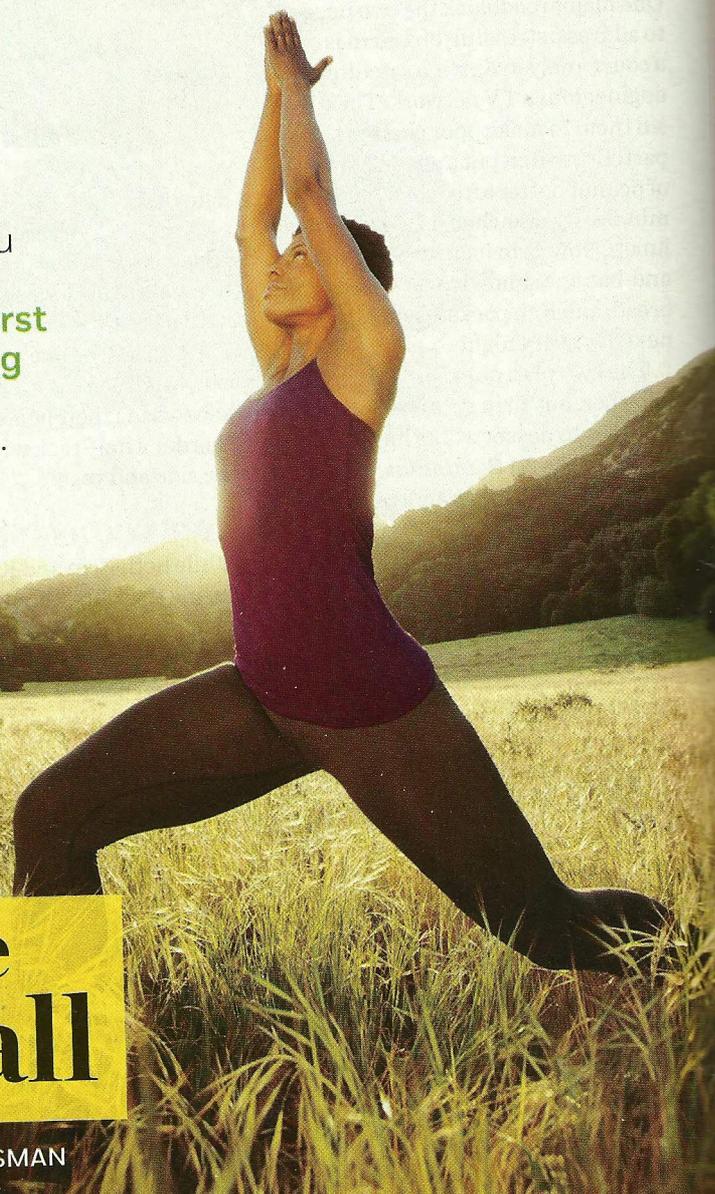


If rolling over in bed is as active as you get in the morning, here's a reason to rise and shine: **Those who exercise first thing are more successful at making fitness habits stick.** Now, five more reasons not to hit the snooze button.



## Your exercise wake-up call

by MELINDA CARSTENSEN and HILARY WEISSMAN

1

When that bagel on the conference room table catches your eye, you can say, "No, thanks"—and mean it, because squeezing in a sweat session early on sets a **healthy tone for the day ahead.**

2

Since the early bird gets the worm—and the elliptical with the best view of the TV at the gym, you can **get a jump on the morning news.** Better yet, the locker room is still pristine (including the showers!).

3

No more crying over spilt milk, burnt toast or missing car keys. Here's why: **Research shows exercise can reduce stress and help you better cope with whatever comes your way for the rest of the day.**

4

If you're the least bit self-conscious about **exercising in front of others,** get up early and walk or jog when most of your neighbors are still in bed. Bonus: No one will notice if your workout duds don't match!

5

An ultra-compelling reason to move your body first thing in the day: **Your evening will be all yours! Relax and enjoy a night out, but don't stay up too late—you need sleep for tomorrow's workout.**

Not a morning person? Click to [weightwatchers.com/wakeup](http://weightwatchers.com/wakeup) for ways to make getting up for an early workout easier.