

5 tips for springing forward

floridatoday.com

On Sunday, the clocks spring forward to daylight saving time. “Fitness and nutrition can play a key role in how our bodies adjust to the time change,” says Franci Cohen, a New York City exercise physiologist and certified nutritionist.

She offers tips to spring forward with ease:

1. Go easy on the caffeine. A cup of coffee or two in the morning is fine, but consuming too much caffeine later in the day may disrupt your sleep.

2. Breakfast time: Too tired to eat breakfast? “Skipping it will make you feel even more fatigued, potentially causing you to overdo it on caffeine and sugary foods. This can set you up for a major energy-crash later in the day,” Franci says. Oatmeal, plain yogurt and apples are great energy-boosting foods to eat for breakfast. Fruit and veggie smoothies are another easy option for an energizing breakfast. Avocados are another great source of energy and contain potassium, a nutrient that has been shown to help regulate blood pressure.

3. Snack time: Need an energy-boosting snack? Ditch the doughnuts and munch on some almonds. They are perfect to help us stay energized due to the fact that they are loaded with potassium and iron. Franci suggests that, “to obtain all their health benefits, be sure to snack on raw almonds rather than the candy-coated or salted kind.” Don’t like nuts? Other great energy-boosting snacks include grapes, peaches and sunflower seeds.

4. Don’t drink too much alcohol. Over-consumption of your favorite adult beverages may cause a very restless and uncomfortable night.

5. Eat cherries: Not only are they rich in vitamins, cherries contain melatonin, a substance also found in the human body that helps regulate sleep. Eating fresh or dried cherries before you go to bed at night may help you sleep better.