



7 Simple Steps for
STARTING YOUR DAY
fit!

MULTI-TIME NY TIMES BESTSELLING AUTHOR

Devin Alexander

CELEBRITY CHEF OF NBC'S *THE BIGGEST LOSER*

I have lost
70 pounds
and kept it
off for close
to 20 years.

And I've helped countless others
(including some Biggest Loser
Contestants) lose as many as 230
pounds, eliminate the need for their
diabetes medication and change their
entire relationships to food and eating
and, thus, change their lives!

These 7 morning “essentials” have a huge
impact on the success so many have had!

for Devin



1 *Skin Brush*



Starting the day by skin brushing gets your blood flowing and helps detoxify your body. The skin is the largest organ in the body. By brushing away the dead cells with a firm, natural, dry mitt or brush (I prefer a mitt), you leave your skin glowing inside and out and you might even cure numerous ailments.

Skin brushing has been known to be one of the most holistic and healing activities you

can possibly do dating back 3,000 years to its inception in India (Ayurveda). Skin brushing is thought to improve lymphatic health, lessen cellulite, and accelerate skin cell renewal. I've even seen someone rid herself of chronic plantar warts by skin brushing (a happy "side effect"). And one of the best parts, skin brushing takes only a few minutes and it literally energizes the start of your day.

Make sure to use a dry brush. I always skin brush before showering. If you have time, you can do it in the morning and around happy hour for even better "results".

Weigh Yourself

I know that a lot of experts say not to weigh yourself at all or they tell you to weigh yourself only once a week. Notice that those experts are often muscle-clad trainers or people who've never struggled with their health or or fitness??? For some, not weighing yourself may work... but not for me and many of my clients. In fact, I believe weighing myself daily (at least when I'm not traveling for work or on vacation – trust me, I am not running around obsessing about finding a scale at

every turn!) assists me in keeping the weight off even after decades.

Trainers will say you don't need to weigh yourself because "you know if you're doing what you're supposed to".

Mr. Trainer...I am NOT..and I want to make sure I don't go too far out of the "zone". If I wait until my jeans are too tight, I'm 5-10 pounds up which is enough to start things spiraling "out of control".

When I find myself slowly but consistently creeping toward my max weight (I allow myself a 5-pound zone) I know that it is time to re-prioritize the way I take care of



my body. Fitness shoots to the top of "the list"...no matter what. Workouts don't get skipped, nor do trips to the grocery store to get the best options. I also make it a point to do food prep. As a new mom, I've admittedly allowed myself to gain 5

pounds. But I'm now ready to do what it takes to shed again!

The one caveat to note: Your weight will fluctuate by a few pounds during the month (especially for us women) so don't sweat a tiny change in numbers, especially near your period. It's just a guide, not an absolute.

Drink Green Tea (or Gyusa Tea)

Hydration is so important throughout the day, but especially in the morning. You've just spent the night (7-9 hours) losing moisture, so your body will thank you if you don't extend that any longer. Plus, you're less likely to crave food if you're properly hydrated!!!

Check with your doctor to make sure you are physically fit enough to handle the caffeine in green tea. Assuming you are,



green tea is a wonderful way to hydrate with added benefits in the morning!

I always reach for green tea because it is loaded with antioxidants that are known to help burn fat cells and increase my metabolic rate (the speed that our bodies burn calories throughout the day).

I also love green tea because it gives me energy to start my day. If you're not a huge fan of green tea on its own, try buying one that's naturally flavored. Or, steep one green tea bag with a fruit-flavored tea bag then drink it hot or iced. I love brewing a pitcher of passion and green tea, then serving it over ice!



Veg Up Early

I find that when I eat veggies in the morning (I strongly recommend having a green juice – be careful it’s not a sugary smoothie disguised as a green juice – in the morning), I have a lot fewer cravings than on days that I don’t. Getting essential vitamins and nutrients early in the day signals your body that you’re not “in need” so you don’t get the same cravings (at least it seems so to so many people). On the flip side, when I have anything sugary in

the morning...especially if it's not balanced with veggies and vital nutrients, I find myself craving sugar all day.

Don't be one of the 91% of Americans who doesn't consume the recommended number of servings of veggies each day. Start early and it'll be easy!

Don't know how many servings of veggies are recommended for you? Go to www.choosemyplate.gov/vegetables.

Eat a Good Breakfast... No Matter What!

Yes, we're ALL busy! There is so much to do in the morning! But if you're committed to being your best, healthiest self, skipping breakfast is one of the WORST things you can possibly do.

Eating in the morning breaks your body from its fast. The longer your body spends fasting the more likely it will store your next meal as fat to be used as fuel later, so break that fast in the morning and tell your

body that you don't need those pesky fat stores!

Believe this, but still think you “can’t” fit it in? Invest in a blender with a to-go container, which could make it easy. Just pop in lots of veggies, protein powder and a small amount of fruit, blend and you are on your way! Or, you can make a simple iced mocha shake with almond milk, chocolate protein powder (make sure it's protein powder and not one of the many powders that also has tons of carbs and sugars), a few ice cubes and some instant coffee powder.

Not a “shake” person? No problem! Have 3 go-to breakfasts that take 5 min or less to get out the door! You could buy frozen nutritional breakfasts that you can microwave in 3 minutes, make jars of overnight oats that you can walk right out the door with in the morning or make a breakfast casserole on Sunday that can be reheated in minutes during the week.



Don't Delay the Sweat!

Good news: you don't EVER have to set foot in a gym to be fit! Heck, you can even get ripped without going to a gym. But you can't be healthy without moving! Some people think you can workout enough to get lean – not really true. Being lean is more about what you put in your mouth. Combine sensible (not to be mistaken for deprivational) nutrition with your favorite activity and you're golden. Walking,



playing tennis, roller blading, hula hooping, even playing hopscotch if it builds up a sweat, are all options! Sure, strength training might help burn even more calories, but even just doing a pile of squats in the morning will make a difference in how you look and feel! And increasing your heart rate releases endorphins which will simply make you feel better (and will likely even result in less “comfort” cravings!).

If you “wait” to work out it can quickly become hard to fit into the day. Begin the day with this accomplishment to build from. Not only will it jumpstart your system, helping you to crave healthy food and giving you more energy for the rest of the day, you will feel ready to conquer the day!

If you can't workout in the morning, no sweat (pun intended!)! Just be sure that you have a buddy to hold you accountable! If you do something you love (like take a kickboxing class) with a friend, you'll be much more apt to actually do it!



Read a Daily Manifest

Some people think vision boards and manifests are a form of voo doo or too “out there”. I’d argue strongly to the contrary. When we’re clear in our intent for the day, it’s easier to “find” what we want! Ever notice that when you’re about to buy a new car..you suddenly start seeing the car that you intend to buy every time it goes past you. Vision boards and manifests are just like that car. If you start the day reminding yourself that “you will be a force



of positivity in the world” and “you will meet the man or woman of your dreams”, you might be more grounded in your intent when you’re otherwise tempted to scream at someone in traffic or you might actually get dressed up and plan an outing to make yourself available. Without a clear, grounding picture, it’s easy for the days to turn into weeks and the weeks to turn into years...without ever reaching any of your goals!

 facebook.com/devinaalexander

 [@chefdevin](https://twitter.com/chefdevin)

 [devinaalexander](https://www.instagram.com/devinaalexander)

www.DevinAlexander.com