

newsworthy trends

Maximize Your Power Hour

(NAPSA)—The United States faces a shortage of morning people according to a recent survey by national research organization eMode, finding that most Americans could use a wake-up call.

More than 250,000 adults took the “What’s Your Power Hour?” test to find out what of time of day they were most energized. According to the survey conducted for Zest, only 16 percent of adults consider themselves to be morning people—and a whopping 75 percent said they wished it were easier to get out of bed every day.

Interestingly, survey data shows that the majority of participants feel most energetic as the sun sets. However, no matter what time their Power Hour, participants choose getting a breath of fresh air or taking a shower as their favorite means to jump-start the day.

Whether a morning, afternoon, evening or late night personality, anyone can extend their Power Hour and make the most of each day with these helpful tips:

- **START RIGHT.** You have the power to make a fresh start throughout your day. When energy levels are low, take time to do what feels great—go for a walk, do yoga, take a shower using soap with an invigorating scent like Zest.



Most morning, afternoon and evening people cite taking a shower as a great way to get refreshed.

- **CHOOSE PRODUCTIVE THINKING.** Approach life thinking your “Glass is half full.” You’ll be amazed by the energizing benefits of positive thinking.

- **AVOID “EMOTIONAL CONTAGION.”** You can catch another person’s bad mood; be aware and stay away.

- **STRIVE FOR ORDER.** Put things away as you work at both office and home, and try to leave room in your schedule for the unexpected. It will reduce stress and keep your Power Hour going.

- **AT A LOW POINT?** Repeat step one!

To learn more about other products that rejuvenate and refresh, please visit www.zest.com.