

# Morning Make-Overs

## Wake-Up Call: Get Up, Get Out And Feel Great—Fast

(NAPS)—Does rush hour actually begin in your bedroom? Do you dash around wondering how you can shower, get dressed, feed the kids, apply make-up and still feel energized for the rest of the day?

If you're like most women, you have less and less time to get ready and almost no time to feel good about the way you look. In fact, new research from Pace Productivity Inc. in Toronto reveals that working women devote less than 43 minutes a day to personal care, and those who have children even less time than that.

"Women can avoid morning mania and carve out more time for themselves if they make some minor adjustments to their a.m. routine," suggests Mark Ellwood, president of Pace Productivity Inc. and GetMoreDone.com. "Once these adjustments become habit, women can face each day feeling renewed and reinvigorated in record time."

Here are a few time-saving tips to beat the morning rush:

- Lessen your a.m. workload by becoming the "manager" of your family's early-morning routine. Delegate lunch duty to your husband. Encourage children to make their own breakfasts and clean up afterwards. If you have teenagers, enlist them to walk younger children to the bus stop.

- Make the "I don't know what to wear" morning blues disappear. Go through your wardrobe in advance and match up outfits—even accessories and shoes—for the week. It takes the "think time" out of getting dressed and can save as much as five to seven



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minutes each morning.

- Develop systems for tasks that are difficult to remember or easily derailed. Pack up bags—briefcases and book bags—that need to go to work or school in the evening. Place each bag in a basket near the door to eliminate mad morning searches and save as much as 10 to 15 minutes each morning.

- Don't neglect your looks because you're rushed. Some of the newest beauty products available are quick, easy to use and will give you a sense of renewed confidence for the rest of the day. To "jump start" your beauty routine, try Almay Wake-Up Call! Energizing Makeup with minerals, antioxidant vitamins and botanicals to help renew skin's youthful energy and radiance. This refreshing foundation instantly "perks up" tired-looking

skin, while concealing flaws and smoothing imperfections.

- Make time for an early-morning workout. Even a few minutes of exercise in the morning will help you feel more alert and energized for the rest of the day. This trio of Tai Chi moves takes less than 10 minutes:

*Horse Stance:* Stand with feet shoulder-width apart and toes turned out. Bend knees and rock side to side, leaning into your legs for one to two minutes.

*Bending Bear:* Bend forward from the waist, bend knees slightly, let torso round forward. Relax your head, neck, shoulders, arms, back and legs. After 15 seconds, round up slowly and repeat for three to four minutes.

*Beautiful Woman Turns:* Stand feet apart, knees bent and place palms in the small of the back. Circle seven times, reverse and repeat for three minutes.

- Mix up a portable power breakfast in minutes. This fruit and protein smoothie is a healthy way to energize your body in the morning. Blend one ounce apple juice, one banana, one tablespoon unsalted peanut butter, one cup soymilk and one scoop soy, almond and rice-based ice cream until smooth.

Getting ready to face the day doesn't have to be a frantic, exhausting experience. By following even just a few of these tips, you can take control of your morning routine and carve out enough time for yourself to eat right, exercise and follow your favorite beauty routine.