

FITNESS TIP



SPRING INTO VITALITY: Jim LaValle's Top Tip for Renewing Energy

As nature shifts, so should your approach to wellness. According to Jim LaValle, optimizing your metabolism this season starts with supporting your mitochondria—the powerhouses of your cells.

- **START YOUR DAY WITH MOVEMENT:** A brisk morning walk or light strength training within 90 minutes of waking helps reset your circadian rhythm, enhances energy production, and improves insulin sensitivity.
- **UPGRADE YOUR NUTRITION:** Incorporate polyphenol-rich foods like berries, dark chocolate, and green tea to combat oxidative stress and support mitochondrial efficiency.
- **PRIORITIZE RESTORATIVE SLEEP:** Spring's longer days can disrupt melatonin production. Minimize blue light exposure at night and consider magnesium or glycine to improve sleep quality.

By aligning your daily habits with your body's natural rhythms, you'll tap into newfound energy and longevity—just in time for your own natural revival era.