

A Morning Punch

START OFF BURNING > Just 5 minutes of exercise in the morning can increase your energy and possibly double the calories you burn throughout the day. We're not talking about a 5-mile predawn run. Skip rope a few times, or do a few jumping jacks or pushups to raise your heart rate. Jon Gordon, author of *Become an Energy Addict*, suggests shadow-boxing in the mirror. Says Gordon, "You punch 100 times and you'll feel it, believe me."

