

Wellness Wednesday



November 1st, 2023

LifeAdvisor.com

Ulliance
Enhancing People. Improving Business.



Find your path to total well-being!

Is The 5 A.M. Productivity Trend Healthy? Here's Who Shouldn't Do It.

In recent years, the 5 A.M. productivity trend has gained significant popularity, with many successful individuals attributing their achievements to starting their day early. From Oprah Winfrey to Apple's Tim Cook, early risers have shared their morning routines on social media, inspiring others to follow suit. However, while the allure of increased productivity is enticing, it's important to consider whether this trend is actually healthy and suitable for everyone. In this Wellness Wednesday, we will explore the potential benefits and drawbacks of the 5 A.M. productivity trend, providing insights from sleep experts, psychologists, and productivity gurus.

The Rise of the 5 A.M. Club

The 5 A.M. club has become a phenomenon, with millions of social media posts tagged #5amclub and #morningroutine. The idea behind this trend is that by waking up early, individuals can dedicate time to personal interests such as exercise, meditation, journaling, or enjoying a fresh breakfast before diving into their workday. This concept is popularized by books like Robin Sharma's bestseller, "The 5am Club," which advocates for the early morning routine as a path to success.

While the idea of starting the day with personal pursuits seems appealing, it's essential to acknowledge the challenges that come with carving out extra time in the morning. Many individuals, particularly those with young children or demanding work schedules, may find it difficult to incorporate this routine into their lives. However, proponents of the 5 A.M. club argue that the path to greatness often involves sacrifice and some degree of suffering.

The Importance of Sleep

Before jumping on the 5 A.M. productivity bandwagon, it's crucial to consider the impact on your sleep schedule. Sleep experts and psychologists emphasize the significance of getting an adequate amount of rest for physical and psychological well-being. The Centers for Disease Control and Prevention (CDC) recommends that adults aim for seven to eight hours of sleep each night to feel restored. However, data shows that one-third of Americans don't get enough sleep.

If you choose to join the 5 A.M. club and sacrifice sleep, you may quickly find yourself exhausted. Sleep deprivation can lead to a range of negative consequences, including cynicism, depression, and a diminished enjoyment of activities and relationships. Michael Leiter, an organizational psychologist, warns that stealing time from sleep may result in a lack of physical and psychological recovery that comes from deep sleep. It's important to recognize that sleep debt accumulates and needs to be repaid to prevent long-term consequences on health and well-being.

Striking a Balance

If you're determined to become an early riser and join the 5 A.M. club, sleep expert James Maas suggests that you prioritize getting at least seven hours of sleep each night. Consistency is key, so it's essential to maintain the same sleep schedule even on weekends. Disruptions in sleep, such as waking up in the middle of the night, should be accounted for by planning extra time for potential delays in falling back asleep.

It's worth noting that individual sleep needs can vary based on factors such as lifestyle, genetics, age, and overall health. Athletes like Roger Federer prioritize up to 12 hours of sleep daily for optimal performance. Similarly, figures like the Dalai Lama and Matthew McConaughey have acknowledged the importance of exceeding the recommended eight hours of sleep. Taking short naps throughout the day, as practiced by Bill Clinton and John F. Kennedy, can also help replenish energy levels.

Maintaining Energy Throughout the Day

For those who thrive on coffee to combat morning tiredness, the 5 A.M. club may not be the best fit. To sustain energy levels throughout the day, it's important to establish healthy habits beyond just waking up early. Alex Oskian, a registered dietitian and certified strength and conditioning specialist, recommends starting the day with a balanced breakfast containing carbohydrates, proteins, and fats. This provides both physical and mental energy, setting a positive tone for the day.



In addition to a nutritious breakfast, it's crucial to eat regular meals and stay hydrated. Engaging in physical movement throughout the day, such as going for a walk or standing at your desk, can help maintain energy and productivity. It's essential to find a balance between being productive in the morning and intentionally allocating time for breaks and physical activity. By prioritizing holistic well-being, individuals can maximize their productivity without compromising their health.

Flexibility and Intentionality

While the 5 A.M. club has gained significant attention, it's important to remember that the clock itself is not the sole determinant of success. Jeff Sanders, author of "The 5 A.M. Miracle," advocates for a flexible approach that aligns personal goals with the most appropriate time of day. The morning may be ideal for quiet activities like meditation, while the evening may be better suited for reflection and journaling.

The key to success lies in intentionality and effective time management. By scheduling blocks of time dedicated to specific goals and removing distractions, individuals can optimize their productivity regardless of the time they wake up. It's crucial to acknowledge that each person's circumstances and preferences differ, and what works for one may not work for another. The ultimate goal is to harness one's energy and attention towards meaningful tasks, regardless of the specific hour.

The 5 A.M. productivity trend has captivated the imagination of many individuals striving for success and personal growth. While waking up early can provide uninterrupted time for personal pursuits, it's important to consider the potential drawbacks and prioritize sufficient sleep for overall well-being. Ultimately, the key is to be intentional with time usage and prioritize holistic self-care for sustained success in the long run.



INGREDIENTS

- 3 pounds chicken breast, cut into 1 inch cubes
- 1/4 cup Italian dressing
- 1 tablespoon Adobo seasoning
- 1 tablespoon dry Italian herbs
- 1 teaspoon kosher salt
- 1 tablespoon Sazon seasoning

Are you looking for a delicious and easy dinner option that is high in protein? Look no further than these mouthwatering Air Fryer Chicken Bites! Made with boneless skinless chicken breast chunks, these chicken bites are perfect for a quick and satisfying meal. Plus, they are incredibly versatile and can be used for meal prep throughout the week. I

AIR FRYER MUST-HAVES

To make the most out of your air fryer cooking experience, consider investing in these essential tools and accessories:

Oil Sprayer: An oil sprayer will help you evenly coat your food with oil, preventing sticking and ensuring a crispy finish.

Kitchen Tongs: Tongs are handy for flipping and turning the chicken bites while they cook in the air fryer.

Meat Thermometer: A meat thermometer will ensure your chicken bites are cooked to perfection, reaching the recommended internal temperature of 165°F.

Nutrition Information

Serving: 1 /8th, Calories: 233 kcal, Carbohydrates: 1 g, Protein: 38.5 g, Fat: 7.5 g, Saturated Fat: 1.5 g, Cholesterol: 124 mg, Sodium: 868 mg, Fiber: 0.5 g, Sugar: 0.5 g



INSTRUCTIONS



- In a large bowl combine the chicken with Italian dressing, Adobo seasoning, dried Italian herbs, kosher salt and optional, Sazon seasoning.
- Spray the basket with oil. Air fry the chicken in an even layer, in batches as needed at 400F for 12 minutes, or until browned and cooked through, shaking the basket halfway.

WHY CHOOSE AIR FRYER CHICKEN BITES?

When it comes to cooking chicken breasts, the air fryer is a game-changer. Unlike other methods that require marinating the chicken for a long time, these air fryer chicken bites are quick and easy to make. Within minutes, you can have a flavorful and protein-packed meal on your table. Let's take a closer look at why this air fryer chicken recipe is a must-try:

Delicious and Flavorful: These chicken breast bites are far from bland! They are seasoned with Italian dressing, dried herbs, and spices like Adobo and Sazon, adding a burst of flavor to every bite.

Fast and Easy: With just a few simple steps, you can have dinner ready in no time. Cut the chicken breasts into cubes, season them, and air fry. It's as simple as that!

High in Protein: Each serving of these air fryer chicken bites contains a whopping 38.5 grams of protein. It's an excellent way to meet your daily protein requirements.

FEATURED EXERCISE

https://www.self.com/gallery/9-ridiculously-effective-exercises-that-work-your-abs?CNDID=11571505&mbid=nl_062516_Daily&spJobID=942192170&spMailingID=9098599&spReportId=OTQyMTkyMTcwS08spUserID=MTAyNDY3MzE4NDI5S0#99626

Featured Exercise ►

Benefits of the Lateral Plank Walk Exercise



The lateral plank walk is a variation of the traditional plank exercise. Instead of holding a static position, you will be moving from side to side while maintaining the plank position. This dynamic movement engages multiple muscle groups and adds an extra challenge to your workout. To perform the lateral plank walk:

- Start in a plank position with your hands directly under your shoulders and your body in a straight line.
- Take a step to the side with your right hand and right foot, then follow with your left hand and left foot, moving in a lateral motion.
- Continue moving in this side-to-side motion for a set number of reps or time.

The Benefits:

Plank workouts also engage the muscles of the upper body, including the chest, shoulders, triceps, and biceps. The movement of walking the hands out and back requires the upper body muscles to work hard to maintain stability and control, providing an excellent workout for the entire upper body.



[Click here to view online!](#)

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.



Meet Ulliance Senior
Wellness Account Manager



LifeAdvisor.com