



Feel GOOD EVERY DAY

More sunlight? Sure. Less dieting? Definitely! Follow this expert-endorsed checklist to improve your health—and your state of mind

Exercise less (but more intensely)

Don't have a full hour to spend at the gym? Don't sweat it. "A short, high-intensity workout is easy to stick with and just as beneficial," says Lisa Wheeler of Equinox gyms. Instead of a 40-minute run, do intervals: Jog 2 minutes and sprint 1 minute, for a total of 20 minutes.



Surround yourself with flowers

Brush up on your flower-arranging skills because there's a very compelling reason to have beautiful blooms around at all times: In a study by Nancy Etcoff of Harvard Medical School, 27 women were sent colorful stems; another group received home décor items. Within a week, Etcoff found that the flower group reported feeling more enthusiastic about their daily activities.

Go on a no-deprivation diet

"Food has a huge impact on your mood," says nutritionist Keri Glassman, "so when certain treats are off limits, it's like an awful, unending downer diet." Can you eat five cupcakes a day? No. But if you are craving a cookie, allow yourself one and really enjoy it.

Eat algae

For a quick boost of your B's—the vitamins that help metabolize carbohydrates and give instant energy—take a swig of E3 Live (e3live.com). The liquid supplement is made from fresh-frozen algae (and, no surprise here, it tastes a little like the ocean, so have a chaser at the ready).

Pick a smarter sweet

Sometimes, having a candy bar seems like the best way to make it through the day, but that sugar will make you feel better for only about 30 minutes—and then way worse. Instead, choose Sweet Riot cacao nibs (sweetriot.com), which taste just as good but have half the calories and less sugar, so you don't crash later.

Drink Up

It's simple enough: Dehydration makes you feel lethargic, and water restores energy. Two 8-ounce glasses of water are a good antidote for morning drag.



Take a walk before lunch

Even if it's just a quick stroll around the block, here's why you should head outdoors: "Around 1 p.m. there's a natural lull in your circadian rhythm that signals the body to release melatonin, which makes you drowsy," says sleep expert Michael Breus. "You can prevent that dip by exposing your body to 10 minutes of sunlight at noon."

Eat the Same Breakfast Each Morning

When you know exactly what you are going to eat, you are less likely to skip a meal—or make a bad decision. (And, no, a cup of coffee won't cut it.) Start your day with protein-packed hard-boiled eggs or a yogurt parfait with fresh fruit and sesame seeds, which are loaded with iron and calcium.



Talk to strangers

And, of course, say something nice. Tell the woman on the train that you like her shoes. The compliment will make her smile. "She's happy, you're happy," says Blissology founder Eoin Finn. "It creates a mini endorphin explosion."