

Philosopher Aristotle was the first to focus on making the most of the morning, saying, "It is well to be up before daybreak, for such habits contribute to health, wealth and wisdom." Charles Darwin walked each morning, rain, hail or shine, along his "thinking path" where he napped out each day before breakfast. And Benjamin Franklin was known for his morning ritual of reading from 5am and setting his intentions for the day ahead.

Even now, some of the most successful people count on their skip of the snooze button for getting ahead — from Barack Obama, who squeezes in a workout every morning before being in the office by 9am, to Gwyneth Paltrow, who is awake for her yoga *asanas* at 4.30am. Recent research at Harvard University also revealed that people with a productive morning are better positioned for success and feel more in charge of their lives. But what about the fittest of the fit; those people whose skin glows a ruddy shade of health and have the bodies to match? As they tell us, there are many ways to kick-start your morning. Get the healthy stuff done early, and you're less likely to slack off later on. Up and at 'em.

Karena Dawn & Katrina Hodgson FITNESS AND LIFESTYLE COACHES AND FOUNDERS OF TONEITUP.COM

KD: We live together, so we start our day together, too! Mornings start with lighting a few scented candles, a few minutes of meditation, followed by a cup of coffee or espresso with a dash of almond milk while browsing all the check-ins on Instagram, Twitter and Facebook from our community.

KH: And then post-workout we'll usually make protein pancakes or smoothies.

Jodhi Meares FOUNDER OF FITNESS LABEL THE UPSIDE

I always have water with lemon first thing and then my supplements. I take a bit of everything! I take all the [vitamin] Bs, fish oil and a high-quality probiotic. My naturopath [Sydney's Dr Jivan] gives me blends of herbs and tonics that I take first thing, too, and before bed I take [Natural] Calm, a blend of calcium and magnesium.

I practise yoga first up. My friend Lily is my teacher in Hawaii; in Sydney I go to Dharma Shala in North Bondi; and in New York I practise at Jivamukti. For breakfast I love a green juice, and some avocado on seven-grain toast.

Joe Cross STAR OF *FAT, SICK & NEARLY DEAD* AND FOUNDER OF REBOOT WITH JOE

Generally, I try to get seven hours of sleep per night and get out of bed between 7 and 8am. My favourite way to start the day is with a fresh Mean Green Juice. I don't drink coffee or anything with caffeine, so this incredible burst of micronutrients really supercharges me for the day.

JOE CROSS'S MEAN GREEN JUICE

Ingredients
1 cucumber
4 celery stalks
2 apples
6-8 kale leaves
1/2 lemon
1 tablespoon ginger

Method
Wash all produce well and juice.

Kirsten Shanks NATUROPATH AND FOUNDER OF ORCHARD STREET

I always start with a glass of filtered water while waiting for the kettle to boil, then a teaspoon of raw apple cider or half an organic lemon in hot water. My supplement routine can be inconsistent, but generally before breakfast I take slippery elm powder with aloe vera and a high-dose probiotic. This works to soothe and heal the digestive tract while providing beneficial bacteria, essential for our health not only in the belly but also for the immune and neurological system. I am often on a self-prescribed herbal-medicine tonic, which I take three times daily. After breakfast I alternate between taking a high-dose vitamin B and a green superfood powder such as Shakti's Superfood Blend or The Beauty Chef's Detox Inner Beauty Powder.

fats and carbohydrates to energise me for teaching and training at the studio.

Teresa Cutter NUTRITIONIST AND FOUNDER OF THE HEALTHY CHEF

I'm up every morning at 5.30am. I jump in the shower to wake up, put on exercise gear and hydrate with two large glasses of water with a squeeze of lemon. I then go for my 10-kilometre walk or 40-kilometre bike ride. After my training I rehydrate with water and refuel by enjoying a green smoothie or recovery shake made from Healthy Chef protein, frozen strawberries, ground flaxseed or chia seeds, and coconut water. If I want something warm, I love making organic scrambled eggs with a little coconut milk and served with sautéed kale, avocado chunks and a squeeze of lemon.

"Mornings start with lighting a few scented candles, a few minutes of meditation, then an espresso."

Tara Stiles

YOGA INSTRUCTOR AND FOUNDER OF STRALA YOGA IN NEW YORK

I start the day with a smoothie made from banana, spinach and almond milk, and sometimes I throw in avocado. It's my go-to morning drink; I feel great after it. I don't take any supplements — I'm not on anything besides whole foods, Strala and happy thoughts. If I have a crazy early start, which often happens when I travel for events, I just wake up at 3.30am, splash some cold water on my face, brush my teeth, do a few Strala moves and then I'm good to go.

I also enjoy a nice matcha green tea, which gives my system a little kick, if I need it.

Lorna Jane Clarkson FOUNDER OF LORNA JANE

I wake up at 5am every morning and start my day with some meditation and gentle yoga stretches while I sip warm lemon water. Then I meet my trainer for a strength session, do a cardio workout or take my puppy, Roger, for a brisk walk along the river. After my morning workout I love grilled peach and quinoa granola for breakfast. ▶



Rising STARS

An early morning ritual could be the key to a healthy day ahead, discovers SARA McLEAN