

THE BENEFITS OF A MORNING SOAK IN YOUR HOT TUB

Want to know the best-kept secret of hot tub owners? A morning soak is the best way to start the day on the right foot. You might think it will lull you back to sleep, but not so! A 10–15-minute soak will reinvigorate, refresh, and relax you for the day ahead.

GRAB YOUR CUP OF CAFFEINE AND HOP ON IN

If you're a coffee or tea drinker, you can take that mug right on into the tub with you (without spilling!). A tremendous side effect of the water's high temperature is that it increases our blood circulation, making our heart work faster and helping caffeine travel to our brain quicker! Of course, stick to the recommended daily limit of caffeine, which is a maximum of 400mg per day (<https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-additives/caffeine-foods.html>).



MENTALLY PREPARE YOURSELF FOR THE DAY AHEAD

If you wake up 10-15 minutes early and carve out that time for a soak, you'll do yourself a big favour. Relax and prepare for your day by visualizing and prioritizing your to-do list, whether personal or professional.

If you're feeling overwhelmed, deep breathing exercises can help to calm your mind and body. Deep breathing also goes by diaphragmatic breathing, abdominal breathing, and paced respiration.

We usually do "chest breathing (<https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>)," which increases tension and anxiety. Shallow chest breathing limits the diaphragm's range of motion, and the lowest part of the lungs doesn't get its total share of oxygenated air. Deep abdominal breathing, on the other hand, encourages full oxygen exchange, which can slow the heartbeat and lower or stabilize blood pressure.

SQUEEZE IN SOME LOW-IMPACT EXERCISE

Hot tubs are the perfect place to squeeze in a workout without straining your body before your day begins. An aquatic exercise is ideal for anyone with joint problems or conditions like arthritis, fibromyalgia, sciatica, or post-surgery.

Try out these low-impact moves. If it's been a while since you've last exercised and you have health issues or concerns, we recommend speaking with your doctor before starting a new exercise routine.



- **Leg and hip lifts:** stand in your hot tub and use the walls for support. Extend your leg outward and to the side. Bring your knees up one at a time, as close to your chest as possible, and lower and extend them behind you. Repeat 10-15 times in sets of 3.
- **Arm circles and light strength training:** Holding light weights, put your arms down by your sides, then curl upward from the elbows. Another easy one (with or without light weights) is to extend your arms outward and work them in small circles to build your shoulder and triceps muscles. Repeat 10-15 times in sets of 3.
- **Aerobics:** sit in your hot tub with your legs toward the centre, hold the edge of the seat with both hands, lift your legs, and make a pedalling motion as if you're riding a bicycle. Pedal for 30 seconds, alternating speeds, and repeat as many times as you wish.

GET TUNED IN WITH THE GREAT OUTDOORS!

Watch the seasons unfold and enjoy nature's sounds and sights. Studies (<https://www.asla.org/healthbenefitsofna>) have shown that being outside triggers physiological responses that reduce stress and anxiety. Perhaps you want to take up bird-watching from your hot tub's vantage point, as that also has therapeutic benefits! It's a great multidimensional hobby that people of any age can enjoy and gain an appreciation for the world around them.



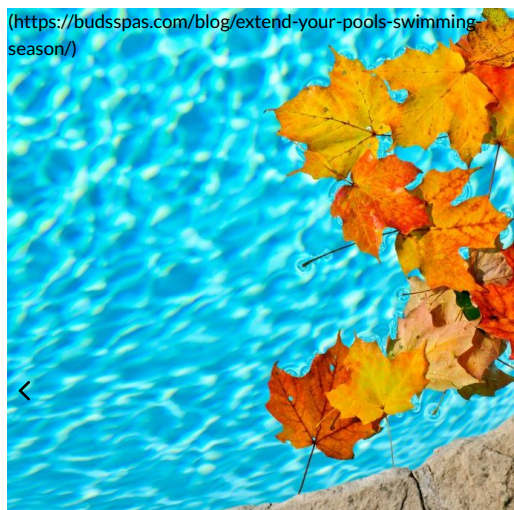
HOW TO USE YOUR HOT TUB IN THE MORNING:

Walk to your hot tub, get in, and that's it. Just kidding, there are things you can do to spice up the routine. For instance, try starting slowly. Sit quietly for the first minutes before turning on the jets and enjoy the peace and quiet in your backyard.

Next, use the jets to awaken your body and mind. Get crazy and add spa crystals to the mix for the effects of aromatherapy!

Stretch out your limbs to rid yourself of any morning stiffness, and take a moment to feel your body waking up, with the blood flowing to your muscles.

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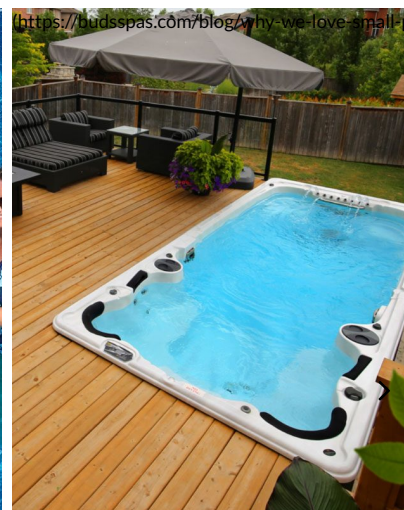
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