



**J.B.BODA**



**W<sup>i</sup>health**

Health - Your Ultimate Wealth

**MARCH 2026**



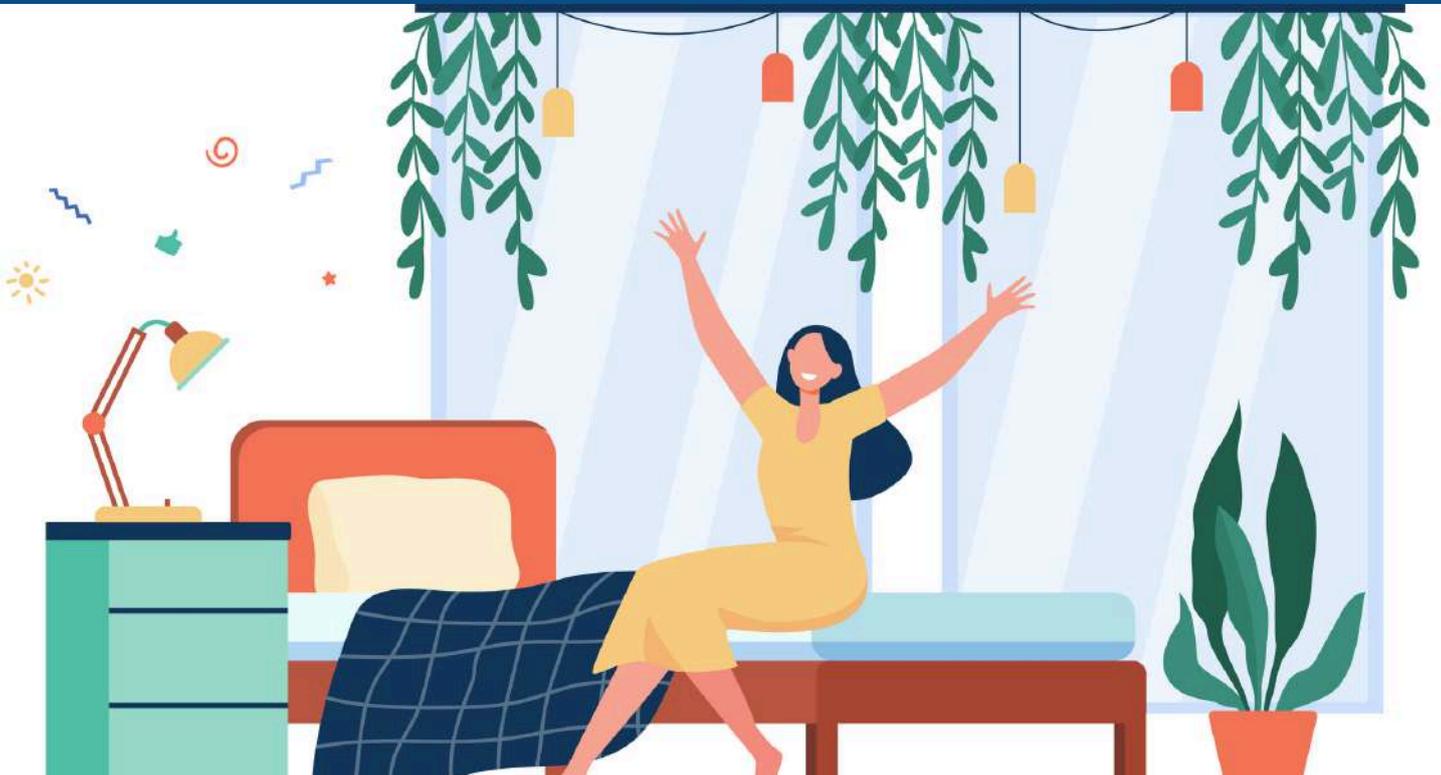
J.B.BODA

## Is Your Morning Routine Sabotaging Your Energy?

Many professionals today are unknowingly slipping into what can be called as "Morning Energy Debt." Often labelled as efficiency, our mornings have become a race against notifications. Emails appear before the mind has fully woken up, and coffee becomes the only fuel that pushes the day forward. This reactive start may be backfiring us as the shortcuts we take at 7:00 AM may easily set triggers for the 10:30 AM mental fog.



Have you ever wondered if your first hour after waking up is contributing to an afternoon energy crash rather than supporting lasting stamina?



**WHealth**  
Health - Your Ultimate Wealth



J.B.BODA

## 5 Common Morning Habits That May Be Working Against You

### The Phone-First Habit



Many people begin their day by scrolling through emails or social media while still in bed. This pushes the brain into alert mode before the body has had time to wake naturally, often creating mental fatigue surprisingly early in the day.

**Try this instead: Give your brain a buffer. Wait 20-30 minutes before screens.**



### Coffee as the First Fuel



Coffee has become almost symbolic of modern hustle culture. For many, the day does not begin until the first sip. Yet drinking it first thing on an empty stomach can increase jitters, spike stress hormones, and sometimes lead to a mid-morning energy dip.

**Try this instead: Pair coffee with protein such as eggs, yogurt, nuts, or a smoothie to stabilise energy levels.**



### Missing the Morning Light Cue



Your body runs on an internal clock known as the circadian rhythm, which responds strongly to natural light. Without morning daylight, the body may continue releasing melatonin, the hormone that gently signals night-time mode, leaving you feeling groggy.

**Try this instead: Spend 5-10 minutes near natural light within an hour of waking.**



### Skipping Movement



You do not need to join the 5 a.m. workout club, but complete stillness can leave the body feeling sluggish.

**Try this instead: Think of joining the 5-minute club - A short stretch, few squats, or a quick walk around the block can help wake up circulation, muscles, and metabolism.**



### Sugar-Loaded Breakfast



Sugary cereals, pastries, or sweet coffee drinks may provide quick energy, but they often trigger a rapid spike in blood sugar followed by a crash. This cycle is one reason many people feel tired again by late morning.

**Try this instead: Aim for a simple balance of protein, fibre, and healthy fats for steadier energy.**





**J.B.BODA**

## Start Here: Your Easy Morning Energy Boost

Start here ●

Drink a glass of water  
after waking up



Spend a few minutes  
in sunlight

Do light stretching  
or take a short walk



Have a protein-rich  
breakfast



Then enjoy  
your coffee

Many factors influence how we wake up, from sleep quality to work schedules and daily responsibilities. Still, even one small anchor habit can give the day a better head start. Adjust the routine when needed and remember that consistency matters far more than perfection.



J.B.BODA



# Walnut - Aap ka Bima

by J.B. BODA

Online Insurance Policies Made For You

Search, Compare & Apply for customised policies free of cost.



**Health  
Insurance**



**Four Wheeler  
Insurance**



**Two Wheeler  
Insurance**



*Scan to Buy*

**Contact Person: Ms. Karishma Jethwani**

 **022 6781 7835**

 **7738008203**

 **info@walnnut.com**

**Disclaimer:** The content does not constitute an offer, solicitation, or recommendation of any Insurance Product or Insurance Policy. It is for general purposes only and does not consider your individual insurance needs. Before acting on this material, you should consider whether the Insurance Product is suitable for your circumstances, and if necessary, seek professional advice

## GROUP COMPANIES

### J. B. Boda & Co. Pvt Ltd.

- Employee Benefit Schemes
- Wellness Programmes
- Facilitating Life and Actuarial Valuation & Product development
- Risk Inspection
- Training & Seminar

### J. B. Boda Insurance & Reinsurance Brokers Pvt. Ltd.

#### Direct Broking

- Non-Life, Life, Health & all other classes

#### Reinsurance Broking

- Non-Life, Life, Health & all other classes (Treaty & Facultative)

### J. B. Boda Insurance Surveyors & Loss Assessors Pvt. Ltd.

- Fire, Engineering, Miscellaneous Accident Surveyors & Loss Assessors
- Marine Inspection, Hull & Cargo Surveyors, Loss Assessors, Superintendents, Container, Surveyors, Tank Calibrators, Samplers & Analysts
- Asset Valuation

### Crowe Boda & Co. Pvt Ltd.

#### Protection & Indemnity Insurance

#### Services Correspondents in India for:

- Steamship Insurance Management Services Ltd, London – SMUA
- Ship-Owners Mutual Protection & Indemnity Association, Luxembourg - SOP

**Head Office:** Maker Bhavan 1, Sir Vithaldas Thackersey Marg, Churchgate, Mumbai, Maharashtra - 400 020 (INDIA)  
Telephone : + 91 22 6631 4949  
E-Mail : [groupservices@jbbodamail.com](mailto:groupservices@jbbodamail.com) | <https://www.jbbodagroup.com>

For feedback and employee benefit requirement please write to [sales.healthbenefits@jbbodamail.com](mailto:sales.healthbenefits@jbbodamail.com)

J.B.Boda Insurance and Reinsurance Brokers Pvt Ltd – Registered Office Maker Bhavan 1, Churchgate, Mumbai – 400020, Maharashtra, India. <https://jbbodagroup.com>

Disclaimer : By using or accessing the brochure, you agree with the Disclaimer below without any qualification or limitation. The statements made in this brochure are only for information purpose and not for the purpose of medical advice or guarantee of outcome. If you need medical advice, they should consult a doctor or other appropriate medical professional. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. does not assume liability of the information on this brochure and no representation or warranty has been expressly or impliedly given as to its accuracy, completeness or correctness. The information provided has been gathered from reputable sources such as the website of Ministry of Health and Family Welfare. However, J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. is not responsible for errors of omissions in reporting or explanation. No individuals should use this information contained in this brochure for self-diagnosis or self-treatment any health related condition. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. reserves the right to modify, alter, add and delete any one or more of the information provided in the brochure. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. shall be under no obligation to notify you of the amendment to the information. No warranties or assurances are given in regarding the accuracy of the information supplied in this brochure, and that no liability will accrue to J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. in the event that you suffers loss as a result of reliance upon the information provided in this brochure. You are responsible for your health and safety at all times. J.B. Boda Insurance and Reinsurance Brokers Pvt. Ltd. does not warrant that any insurance related information provided in this brochure, represents coverage provided to any insured, or are consistent with any present, future, local, state, or central laws, administrative rules, or prevailing case law. Any reference to insurance documents is only for general information and should not be used to claim coverage under any insurance policy.