# Wake up to health (Article)

## How to use

1. Share the article below in a newsletter or blog to promote the *Wake up to Health* activity, which runs from July 5 through September 30, 2022.
2. The article is ready to use as is or you can edit to make it work for your organization.

**MESSAGE BELOW**

**Email Subject:**  Wake up to health



Eating breakfast provides energy to power you into your day and help your body perform at its best.

Many people don’t know that breakfast is the most important meal of the day. Your body needs energy and nutrients in the morning to start the day. When you skip breakfast, you'll likely feel like you are starving by lunchtime - which could contribute to overeating or craving foods high in fat and sugar. Studies have found that people who regularly eat breakfast are less likely to have high blood pressure and high levels of cholesterol.

## Healthy breakfast options

Make time to eat in the morning, and choose healthy foods rich in protein, vitamins, and minerals like eggs, fruits, vegetables, unsweetened yogurt, and oatmeal.

Healthy breakfast ideas:

* Egg scramble with veggies
* Fruit smoothie with your favorite fruits, greens, Greek yogurt, and nut butter
* Oats soaked overnight in almond or coconut milk and layered with fresh or frozen berries

For more ideas join the “Wake up to health” activity in [SmartHealth](http://smarthealth.hca.wa.gov/) from July 5 through September 30, 2022. You can earn 50 points per week.

### What is SmartHealth?

SmartHealth is a voluntary wellness program that supports your whole person well-being. It’s included in your benefits. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the [SmartHealth wellness incentive](https://www.hca.wa.gov/employee-retiree-benefits/pebb-smarthealth#what-are-rewards). Watch a [video](https://www.youtube.com/watch_popup?v=y1ISsRiOu4o) to learn how SmartHealth has helped others.