



Get Ready to Get Fit With These Three Quick Tips

Your gym workout should be tough, but fitting it into your morning routine can be easy.

February 13, 2023 By Craig Ramsay

Try these three quick tips:

1. Gather your workout clothes, athletic shoes and any accessories (toiletries, hair band, towel) the night before.

-
2. Set your coffee maker to start five minutes before your alarm clock. The smell of the coffee brewing will help you wake up.

3. Keep a full water bottle in the fridge so it's ready to grab on your way out.

Craig Ramsay is a fitness expert, an author and the winner of season 8 of The Amazing Race Canada. Follow him on Instagram at [@craigramsayfit](https://www.instagram.com/craigramsayfit).

Craig Ramsay

Courtesy of Craig Ramsay

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.poz.com/article/get-ready-get-fit>