

SELF

5 Things Insanely Productive And Healthy People Do Before 8 A.M.

Meet these morning unicorns, and try their #UpNOut secrets.

3. Enjoy a cup of coffee.

Even unicorn morning people, like trainers, need a little jolt of java to kick off their day. "I drink coffee—it's a habit at this point, and I love it," says [Rachel Robinson](#), a trainer at [Barry's Bootcamp Miami Beach](#). "I only use whole organic milk in my coffee and don't use any sugar or creamers with high sugar." Adds Gary, "I can't go on without my French press coffee." Know that feel—and here's hoping YOUR morning java will also be serving up a [dose of fitspiration soon](#).