

- **Way to Get the Most of 24 Hours**

Kaylin Kwan, Macy 4-H Club, L.A. County 4-H Youth Healthy Living Chair

Everyone has 24 hours in a day, which can be used as the individual wishes. Although everyone has the same amount of time, some are more successful than others. Achievement is managed by productivity and efficiency and how people spend their time determines how much is accomplished. So instead of wishing there was more time in a day, start making the most of make the most with the 24 hours given. Some ways to get a lot accomplished is to disconnect from electronics every once in a while, take the occasional walk, wake up earlier, and to not make excuses.

An average person spends 8.5 hours on various types of electronic devices on a day to day basis. If that time is used differently, rather than scrolling through social media or watching shows or movies, a lot more can be gained. Tracking time on electronic devices, setting a limit on usage, keeping the TV off at least every other evening, and deleting gaming apps on the phone can definitely cut back time spent on electronics. Other than wasting time, constant exposure to electronic devices can also lead to poor sleep.

Taking a break and going for a walk can help relieve stress, especially when it is built up from long, frustrating hours at school or work. A walk allows the heart to pump blood faster, circulating more blood and oxygen to muscles and organs, including the brain. Because taking a walk doesn't require brainpower itself, the mind is able to wander, which can result in innovative ideas and insights.

Waking up earlier can lead to more productivity, as seen by some of the most successful people in the world. Waking up two or three hours earlier allows an individual to plan their day and prepare for it. The morning is when one's willpower is the strongest, so developing a routine is best at this time. Although it takes time and getting used to, becoming a morning person is beneficial and worth the effort.

Making excuses is one of the biggest obstructions to being successful. It's never "too early", "too cold", "too dark", or "too early" to do something productive. Time is not something to waste, but how can be controlled with how an individual uses it. Rather than looking for extra time, make it.