

How to stay energized throughout your wedding day

A couple's wedding day is the culmination of months and months of planning. For most, it is one of the most memorable, magical days of their lives, filled with fond moments of time spent with close friends and family.

As enjoyable as a wedding can be, most brides and grooms who have already tied the knot can attest that a wedding is a long, often tiring day. It is very easy for energy levels to wane. To ensure you have enough energy to last through to the final good-bye of the evening, follow these suggestions to remain energized.

*** Recognize your wedding day is a very long day.** It's possible to rise quite early in the morning to begin prepping with makeup, hair styles, wardrobe and more. If the party is an evening reception, it could last until the wee hours of the morning. You may find yourself up for nearly 24 hours, when the cameras will be flashing and the video rolling throughout. Naturally, you'll want to look your best throughout.

*** Get a good night's sleep the night before.** Get to bed early the night before so you will get ample sleep and look rested. It is understandable that nerves and excitement may get the best of you and make it difficult to fall asleep. If you often grow anxious and struggle to fall asleep before big events, talk to your doctor prior to the wedding to ask if you can be prescribed a one-time-only sleeping pill that will ensure you get to sleep promptly. Do not take this medication with alcohol, and be sure to take it only if you can get a full 7 to 8 hours of sleep. Otherwise you may experience medicine hangover.

*** Enjoy a hearty breakfast.** At breakfast on the morning of your wedding, consume

a combination of carbohydrates and protein. The carbs will provide the initial burst of energy you need to get going, and the protein will keep you feeling full. A combination of whole wheat toast, fresh fruit and Greek yogurt makes for a filling start to the day.

*** Stay hydrated.** Although drinking a lot of water can result in more frequent trips to the bathroom -- which can be cumbersome for brides wearing their gowns -- it is essential to stay hydrated. Dehydration can result in headaches, weakness and dizziness and may make you feel cranky. Be sure to consume water throughout the day.

*** Pack some snacks.** The time between breakfast and the cocktail hour of a wedding may be significant. In your wedding "survival" kit, be sure to pack some easy snacks to eat. Trail mix can be nibbled for a boost of energy, and a banana can take the edge off of hunger pangs. Avoid anything messy that can drip onto clothing or get stuck in your teeth. Arrange to have snacks stowed in the limousine or another mode of transportation so that you can refuel on the way to the ceremony or in transit to the reception.

*** Don't overdo it with caffeine.** It may be tempting to lean on an energy drink or a super-size cup of coffee to give you the boost you need. But caffeine is only a temporary fix. After the effects of the caffeine wear off, you could find yourself more tired than before and crash at an inopportune time during the day. Instead, a brisk walk outdoors may recharge your batteries. Afterward, time spent on the dance floor enjoying the reception will likely



Remembering to eat well and drink plenty of fluids can help couples stay energized throughout their wedding days.

stimulate some adrenaline to keep you going.

*** Eat dinner.** When family is beckoning and the photographer needs to get yet another pose, it is easy to skip dinner. Be firm with your decision to enjoy your meal. After all, you paid for it and it should not go to waste. Besides, sitting down to dinner enables you to rest and absorb the atmosphere of the wedding.

*** Continue to drink plenty of water**

throughout the night. Alcoholic beverages may be flowing, but too many spirits can compromise your energy levels. Be sure to balance the booze with hydrating fluids, such as water or juice.

Weddings take up the entire day, and it can be easy to succumb to a lack of energy as the day progresses. But by heeding a few tips, it's possible to remain in top form throughout the entire wedding day.



When to cut your wedding cake

The timing of when a couple cuts the wedding cake can have a specific meaning. Long ago, the cake was usually cut at the very end of the reception and would signal to the guests that it was the end of the festivities.

Today, cutting the cake is an unspoken signal that represents that the formal wedding is nearing a close, and guests who would like to leave can do so without worry of being rude.

Many couples will cut the cake right after dinner as a courtesy to older guests who may want to get started on their trips home. This affords

them the chance to make an earlier exit, rather than staying through the dancing that could extend into the wee hours of the night or missing the cake entirely.

Cutting the cake mid-reception also serves another practical purpose for couples who are paying a photographer by the hour. Photographers typically go home after the cake-cutting, so a mid-reception cutting can save couples a substantial amount of money.

Whenever you choose to cut your wedding cake, know that it will be enjoyed by all your guests.