

Benefits of morning exercise



**ASSIGN
BUSTER**

Exercises are not only necessary for a healthy body, but also for a healthy mind. The fresh air in the morning fills up the lungs, which is helpful in keeping the person going all through the day. Now let's turn to answering the question, why morning exercise benefits are better than exercise at any other time of the day. **Natural Alarm** This is among the best of early morning exercise benefits. When you have to exercise in the morning, you tend to sleep early. Which also means you have an early dinner. The cycle continues through the day. This helps the body to relax and de-stress.

When the body gets used to 'early to bed, early to rise' cycle, the health of the person improves tremendously, especially the heart health. **Jump Starts Your Metabolism** Among the benefits of exercise in the morning, the most important benefit is that exercising in the morning jump starts the metabolism. At the same time, it remains elevated for a longer period of time. In other words, the number of calories burned are much more, as the calorie burning process often goes on all through the day because of morning exercise.

Elevated Energy Levels

The best time to exercise is in the morning. An early morning workout keeps the energy levels elevated. At the same time, the person feels good about himself/herself because he/she has been disciplined. **Fights Obesity and Manages Weight** Among the best morning exercise benefits, are its benefits related to weight loss and maintenance. Regular exercise will ensure you come back to your optimum weight. It will keep you motivated, which will help to ensure that you do not eat junk and instead reach your ideal weight at the earliest.

Exercise Routine NOT Skipped

Research has shown that the chances of missing the morning exercise routine is much lesser when compared to an evening exercise routine. It will be the first thing in the morning to be completed, the body is fresh after a good sleep at night and if you wake up in the morning, you will not miss the exercise schedule.

Appetite Regulation

Another reason why is exercise important is because it regulates the appetite for the entire day. Lifting weights in the morning and exercising will ensure that the person will eat less, as endorphins will be released into the body, causing less consumption of food.

At the same time, it will also prove to be helpful in regulating the portion of food consumed along with the kind of food consumed. Among the morning exercise tips is not to make a drastic change in your normal schedule. If you make any drastic change in your schedule, chances are high that you will not stick to it. Having read about morning exercise benefits, so now when it comes to morning exercise vs evening exercise dilemma, which one will you choose? To sum up the benefits of morning exercise; it will regulate all the mechanisms in the body, add vitality and help in the healing process of the body.