

Exercise in the morning or the evening?

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LNA Health Careers

English Composition, Compare and Contrast

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### **Exercise in the morning or the evening?**

Morning benefits-

More energy, burn more calories during the day

Evening benefits-

Restore your muscles, get to sleep faster, burn more calories at night

Morning disadvantage-

Waking up earlier,

Evening disadvantage-

### **Discussion**

### **References**

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