

Exercise in the morning or night?

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Caitlin L Winship

LNA Health Careers

English Composition, Compare and Contrast

Beverly Cogburn

10/31/2021

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Exercise is hard to fit into a busy lifestyle, but if you can find the time there are many benefits. If you want to receive the best benefits from working out, then you should exercise in the mornings. Morning workouts have been proven to provide you with the most benefits versus working out in the afternoon.

Morning exercise

Working out in the morning before you've eaten breakfast has been shown to burn stored fat. This is optimal for weight loss. Your body's hormonal composition is perfect to achieve this goal in the morning. Your body's hormones metabolize fat easier because your cortisol levels and growth hormones are naturally elevated, according to Anthony Hackney, a professor in the department of exercise and sport science at the University of North Carolina Chapel Hill. He says, "you'll draw more of your energy from your fat reserves."

Working out in the morning may also lead to lowering stress levels, making it great for improving your mental health. Exercising in the morning may help your body clock shift to help you feel more awake and alert in the mornings and you'll feel more tired in the afternoon. This could potentially help you sleep better at night and be well-rested enough to wake up and do it all over again the next morning. It's known to be easier to stick to healthier habits in the mornings.

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If you aren't a morning person you don't want to push yourself to work out in the mornings. Hackney says, "you may be exercising, but it may be at such a low-intensity level that you're really not expending a lot of energy."

Nighttime exercise

Most people work out after work because it's easier. They get out of work and can go straight to the gym before having to run home to tend to kids or a house.

Working out at night has been thought to set back your body clock even later, making it more difficult to fall asleep at night. Research suggests if you don't jump right into bed after, your sleeping pattern shouldn't be altered. Yoga would be a great workout choice to help you sleep better a night.

Working out at night can also be used for weight loss. Nighttime workouts can reduce levels of the hunger-stimulating hormone called ghrelin, according to a paper published in an *Experimental Physiology Journal*, 2019.

In conclusion

Overall, morning workouts take the cake. There's no real bad time to work out. What matters is that you find time to exercise whether it's morning or at night. The benefits of either outway not working out at all.

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References

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