

## How Morning Exercise Can Benefit You

Exercising in the mornings creates a great sense of achievement that gives you a boost to complete the rest of the tasks for your day.



1. **More Energy Throughout the Day.** An energizing start to your day carries through to your work and all the other responsibilities of your day, increasing your productivity and ability to deal with problems.
2. **Improved Mood.** Nothing beats the boost of feel-good neurotransmitters to start your day off on the right foot. Exercising in the morning can increase productivity and your mental clarity, although there are other ways to achieve these benefits that do not require intense, early morning, physical activity.
3. **Feel in Control of Your Life.** It feels amazing to get up early and do something that supports your physical, mental, and emotional health. Research also shows that individuals who exercise in the morning are more consistent with their routine than those individuals who attempt to “get it in” sometime in the day.

A physical activity routine added to your to-do list will be a massive achievement. When it comes to mastering mornings, how you feel about yourself is far more important than numbers on a weight scale. A six-month study conducted by Dr. Timothy S. Church and colleagues tested the aerobic health of 464 sedentary, overweight, or obese women who were menopausal. One group in the study walked at a speed between one-and-a-half and three miles an hour, for an average of 72 minutes a week (the equivalent of 10 minutes a day, every day for a week). Their efforts were rewarded with the better fitness and heart health they gained.

Being still equates with death as movement is compared with life. Our bodies were designed to move. Endorphins can be considered the reward in the habit loop of exercising.

The main obstacle we must train ourselves to overcome is not physical but, of course, the mental barrier. The mind, or rather the mental habits around exercise, are either assisting us or holding us back from better health and happier mornings.