If you are already making the time to exercise, it is good indeed! With such busy lives, it can be hard to try and find the time to work out. If you are planning to do exercise regularly, or you’re doing it now, then listen up!

Working out in the morning provides additional benefits beyond being physically fit.

Your productivity is improved. Exercising makes you more awake and ready to handle whatever is ahead of you for the day. You can keep your head clear for 4-10 hours after exercise.

Your metabolism(新陈代谢) gets a head start. After you exercise, you continue to burn calories throughout the day.

* If you work out in the mornings, then you will be getting the calorie(卡路里) burning benefits for the whole day, not in your sleep.
* Your quality of sleep improves. Studies found that people who woke up early for exercise slept better than those who exercised in the evening. Exercise energizes you, so it is more difficult to relax and have a peaceful sleep when you are very excited.
* You will stick to your diet. If you work out bright and early in the morning, you will be more likely to stick to healthy food choices throughout the day. Who would want to ruin their good workout by eating junk food? You will want to continue to focus on positive choices.

There are a lot of benefits to working out, especially in the mornings. Set your alarm clock an hour early and push yourself to work out! You will feel energized all day long.