

Fitting Exercise Into Your Daily Schedule



Research has consistently shown that exercise produces a number of benefits, ranging from improved mood to better strength and cardiovascular health. However, what time of day is the best for exercising?

Some people find that a morning workout fits into their schedule and keeps them energized for the rest of the day. Others prefer working out in the afternoon or evening, when they find it helps reduce stress and tension after a long workday. Ultimately, fitting exercise into your day is the important priority, regardless of the time you choose to do it.

There are a number of components for a healthy, balanced exercise routine. A good place to start is to define the goals you hope to achieve through exercise. These goals might relate to improving the function of a specific area of the body after injury or illness. Other goals include

- **weight loss,**
- **increased strength,**
- **better fitness for sports,**
- **improved heart health** or
- **stronger bones.**

Rather than trying to sort through all of the information—and misinformation—available about exercise, we can design a routine especially for you. Recommended exercises will include such components as **cardiovascular fitness, strength and muscle endurance, flexibility and coordination,** and **power and agility.**

With exercise providing significant benefits, the most important thing is simply to get moving, whatever time of day you choose to work out! Thirty or more minutes a day of exercise will encourage a strong, healthy body and improved well-being. Share your health goals and concerns with us so we can formulate a fitness plan you can perform at the time of day best suited to your schedule and needs.