

A.M. VS. P.M. WORKOUT REGIMES

We're not going to lie, finding time to workout—even for the most dedicated—can sometimes be a challenge. You know the scenario, it's 6 a.m. and you hear the buzz of your alarm clock beckoning you to crawl out of bed and hit the gym before you're due at work. On the other hand, it's 6 p.m. and you're rushing out of the office after a long day to grab a quick workout at the gym. So, if you have the luxury of choosing, which is most beneficial for you?

There is no right or wrong answer; however, to help you make an informed decision check out the pros of each.

A.M.

- **Pro:** In the morning, exercising can jump start your metabolism.
- **Pro:** The thermal effect of physical activity lasts for at least 4 hours after a workout, which increases your total calorie expenditure throughout the day.
- **Pro:** People who choose to work out in the morning are more likely to stick to their routines.
- **Pro:** Studies have shown that exercise significantly increases mental acuity—a benefit that lasts four to ten hours after your workout ends.

P.M.

- **Pro:** Later in the day your body is more warmed up, which can help you lift heavier weights.
- **Pro:** Endurance is 4% higher in the afternoon, which gives you the ability to workout longer.
- **Pro:** Research shows that the best time to exercise is when your body temperature is highest, which, for most people, is between 4 p.m. and 5 p.m.
- **Pro:** Working out in the evening is said to decrease chance of injury because you are more alert and your muscles are warm and flexible.

DON'T FORGET TO STRETCH!