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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Accumulate 2-3 times of
10-15 minute bouts of
moderate intensity
exercise if you can't find
30 minutes in your day.



**Corporate Bodies
International**

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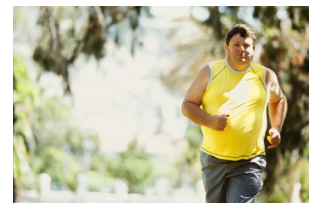
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**Corporate
Bodies
International**

This fortnight's healthy topic...

What's the best time of day to exercise?



Is the morning the best?

According to research by M.F. McCarty and Exercise Scientist Christian Finn, exercising in the morning will produce the best fat loss. This may occur due to your fasted state and the tendency to burn more fat.

Exercising in the morning will generally make you feel more alert, AND you are also more likely to make healthier food choices during the day.

What about the afternoon?

If your training goal is to increase muscle size and strength, then exercising in the late afternoon will produce the best results.

Research indicates that participants exercising in the afternoon had the best strength gains. This is due to warmer muscles, and hormones needed for resistance training are at an optimal level at this time.

Is exercise at night ok?

Exercising late at night may disturb your sleeping habits because of the hormones released. Having a raised body temperature also makes it harder to relax and fall asleep. Most people should avoid moderate to high intensity exercise at least 2 hours prior to bed time.

THE BOTTOM LINE....

The important thing is to find the time of day that suits your body and your lifestyle, that way you will be able to exercise regularly rather than making excuses not to!

Here's to demystifying another health topic!

Yours in Health, **The Corporate Bodies Team.**