

# OBOL NEWSLETTER

What's new and exciting at Victory Fitness Studio?

## When Should You Exercise?

The absolute best time to work out is always going to be whenever works for you. After all, working out at 9 p.m. beats skipping it every single time because you slept through your alarm clock. But starting your day with a good sweat does have some serious advantages over leaving it for after work. Here are eight benefits of morning workouts that just might convince you to start exercising first thing.

### 1. You'll consume fewer unnecessary calories.

It makes perfect sense to think that burning 500 calories in the morning could backfire by making you think you have a free pass to make up for the lost calories—and then some.... but working out in the morning seems to serve as a “control” for most people. It's found that morning exercisers didn't consume more food than non morning exercisers over the course of the day. Also, if you get your sweat on in the morning you will more likely pick oatmeal over pancakes.

### 2. You'll be more active all day long.

Getting that morning workout in also inspires you to keep moving throughout the rest of the day. People who work out in the morning end up being more active in general. It's a great energy booster!

### 3. You'll burn more fat.

To eat breakfast or not to eat breakfast before exercising? The question's been argued in health and fitness circles forever. And while there are certainly benefits to fueling up before a workout—it'll keep you going harder and longer—a 2013 British Journal of Nutrition study found exercising on an empty stomach can burn as much as 20 percent more fat than when a meal is eaten first. It's really your call. If you **can't** power through your exercise routine without fueling first (like me...I run out of energy) then eat up! Just be smart about it. I find that if I eat an apple with nut butter, or half a banana in a protein shake I can sustain my workouts better.



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#### 4. You'll lower your blood pressure.

Researchers asked study participants to hit the treadmills for 30 minutes at three different times of day: 7 a.m., 1 p.m., and 7 p.m. Those who worked out in the morning reduced their blood pressure by 10 percent, a dip that continued all day and lowered even more (to 25 percent) at night. Most heart attacks occur in the early morning, so the researchers speculated a.m. exercise may serve as a preventative measure.

#### 5. You'll sleep better at night.

Better sleep is one of the many well-studied benefits of morning workouts. The National Sleep Foundation says evening workouts can boost the body's temperature and stimulate the body, which can make falling asleep more difficult. Working out in the morning leads to deeper, longer, and higher-quality sleep when you finally hit the pillow 15 or so hours later.

#### 6. You'll build muscle more efficiently.

When you wake up in the morning, your testosterone levels are at their peak, according to the National Institute for Fitness & Sport. That makes morning the ideal time to knock out your strength-training workouts since your body is in prime muscle-building mode.

#### 7. You'll tap into the health benefits tied to exercising.

The most consistent exercisers are those who make it a habit. Waking up early and heading to the gym before the rest of the world needs something from you means you're more likely to exercise regularly. It's a lot easier to blow off a workout after work because all of a sudden Aunt Martha's dog needs walking. Let's face it, it's just too easy to talk ourselves out of exercising later in the day. (I know! I've done it many a times! ) We are just too tired. And sometimes that glass of wine is calling our name! Setting an early-morning alarm helps you be consistent, which means you'll tap into all those health benefits—including increased immunity, longevity, and a better mood—that go along with regular exercise.



1

OBOL Tip

Gotta Hustle for  
that Muscle

2

OBOL Tip  
"I" is the only  
difference  
between  
FIT & FAT

3

OBOL TIP  
The only bad  
workout is the one  
you didn't do!