

Top Ten reasons Why it is Great to Exercise in the AM

Although it seems like 5:30 in the morning is really early. We have done a lot of research and we have discovered that there are some very good benefits to learning to love exercise in the morning.

1. Exercising early in the morning "kick starts" your metabolism, keeping it elevated for hours, sometimes all day! As a result, you'll be burning more calories all day long—all because you exercised in the morning.
2. Exercising in the morning energizes you for the day—not to mention that gratifying feeling you have knowing you are finished with your workout and you have done something disciplined *and* good for you.
3. Studies have shown that exercise significantly increases mental acuity—a benefit that lasts four to ten hours after your workout ends. Exercising in the a.m. means you get to utilize your brainpower, instead of wasting it while you're sleeping.
4. Assuming you make exercise a true priority, it shouldn't be a major problem to get up 30 to 60 minutes earlier—especially since regular exercise generally means a higher quality of sleep, which in turn will make you feel better. (If getting up 30 to 60 minutes earlier each day seems too hard, you can ease into it with 10 to 20 minutes at first.)
5. When you exercise at about the same time every morning—especially if you wake up regularly at about the same time—you're regulating your body's endocrine system and circadian rhythms. Your body will adapt to doing the same thing just about every day, and it begins to prepare for waking and exercise several hours before you actually open your eyes. That's beneficial because:
 - Your body's not "confused" by wildly changing wake-up times, which means waking up is much less painful. (You may even find that you don't need an alarm clock some days.)
 - Hormones prepare your body for exercise by regulating blood pressure, heart rate, blood flow to muscles, etc.
 - Your metabolism, along with all the hormones involved in activity and exercise, begin to elevate while you're sleeping. As a result, you'll feel more alert, energized, and ready to exercise when you do wake up.
6. Many people find that morning exercise has a tendency to regulate their appetite for the rest of the day. Not only do they eat less (since activity causes the release of endorphins, which in turn diminishes appetite), they also choose healthier portions of healthier foods. You may also want to eat the majority of your foods in the first half of the day, which is good for you.
7. People who consistently exercise in the morning find, sometimes to their own surprise, that set time every morning evolves into something they look forward to. Besides the satisfaction of taking care of themselves, they find it's a great time to plan their day, pray, or just think more clearly—things most of us often don't find time to do otherwise.

8. Exercising first thing in the morning is the most foolproof way to ensure that other things don't overtake your fitness commitment, particularly if you have a hectic family life. (It's so easy to find excuses in the evening, when we're tired or faced with such tasks as making dinner, taking kids everywhere and helping with homework.) Nothing gets in your way in the am except a little sleep.
9. More than 90% of people who exercise consistently have a morning fitness routine. If you want to exercise on a regular basis, your best bet is to start a morning fitness program.
10. Non-morning people can always challenge themselves in the a.m. Having trouble finding time to exercise – commit to early morning camp! Having a team to challenge you and work with you will help you make the changes possible to really change your life and reach your goals.