



When Is the Best Time to Exercise?

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If you're following myadvises, you know that regular exercise (and interval exercise in particular) will help you lose weight and avoid weight-loss plateaus by revving up your metabolism. But does the time of day you choose to exercise make a difference in how much fat you burn?

According to exercise experts, the answer is not as black-and-white as you might think. Current research suggests that slightly more fat is burned when a person exercises directly following the overnight fast. However, exercise can usually be performed at a higher intensity in the late afternoon when the body's temperature and hormone levels peak and muscles are more flexible.

What may be more important factors to consider are how consistent you are and what kind of exercise you do. I recommend alternating days of cardio and core exercises, since if you try to do both on the same day, you may suffer muscle fatigue.

I personally prefer to work out first thing in the morning but I recognize that some people find it easier in the afternoon or early evening. My recommendation: Exercise when — and where — you will most enjoy it, which will help you remain faithful to your commitment to regular exercise.

What if you miss a workout? Don't sweat it. Just as you shouldn't feel that you've blown it if you have a bad day on the eating plan, you shouldn't feel as if all is lost when you must skip a day or even a few days of exercise.



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