

7 Reasons to Love Working Out in the Morning



1. Sets the Mood for a Healthier Day

If you start your day with a sweat session, you might feel inspired to continue healthy choices throughout the day!



4. Leaves No Excuses

When you check off your workout first thing in the morning, you're making it a priority to get physical activity in and take charge of your wellness.

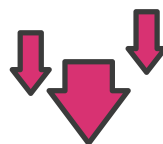
2. Increases Energy

Regular exercise has been proven to boost energy and minimize fatigue. Help your oxygen levels skyrocket and you'll feel ready to take on the day right away.



5. Reduces Stress

Because getting your heart rate up releases endorphins, you can expect to feel good and be flooded with positive feelings to kickstart your morning.



3. Increases Focus

If you need to get hyper-focused for a work meeting or make important decisions, a morning workout could help you do it. A [British Journal of Sports Medicine](#) study found morning exercise improves attention, visual learning, and decision-making skills.

6. Better Shut-Eye

One study found that adults who exercised at 7 a.m. got better sleep and more deep sleep. It also took less time to hit ZZZland.



7. Lowers Blood Pressure

For overweight individuals, a morning exercise routine may be the answer to get their blood pressure number in the normal range. Combining morning exercise with short walking breaks was found to control blood pressure better.

