



I know, not everyone like to wake up early, or do not have time to do morning, afternoon or evening
Next 3 days, I try to share we you
Why is good choice to do workout on morning or afternoon or evening
Enjoy

FIRST DAY

Morning workout

While there's a whole host of reasons for why it's good (both mentally and physically) to be an early bird, one great benefit is the ability to easily wake up early — and get that exercise in first thing in the morning.



1. My stress levels are lower.



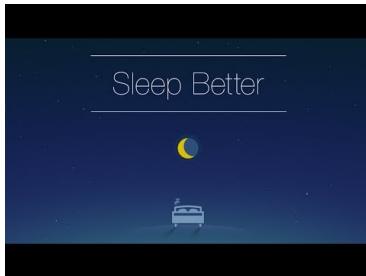
With regular exercise most people experience a reduction in stress. They are better able to handle the typical stresses of the day. Working out first thing in the morning ensures that the day will be easier to manage. Less stress means more control and typically a better day all round

2. I have more energy.

By exercising in the morning you will find that your energy levels much higher throughout the day. It is very difficult to motivate yourself to exercise in the evening, especially if you have had a busy, stressful day at work. Your instinct will be to collapse on the sofa. And sadly that horizontal position is usually accompanied



by food or drink that isn't ideal for your health. By working out in the morning, you will have more energy throughout the day and you won't be as affected by stressful events in your working day.

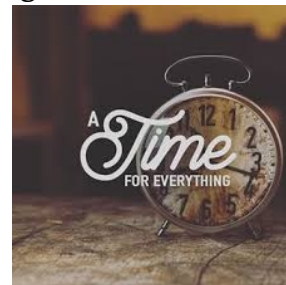


3. I'm getting better sleep.

When you rise early to exercise you will find yourself going to bed earlier, but the great part about that is that you will go to sleep more easily than before. A more restful sleep will contribute to your energy levels and enhanced well-being all round. Everything is looking rosy!

4. I feel more in control.

Another thing you may notice is an increased feeling of being in control. You wake up early, you have time to get ready without the anxiety and the pressure of running to make your bus or train or worrying about the traffic. When you have time in the morning, you will be more organized and able to think about what is coming your way.



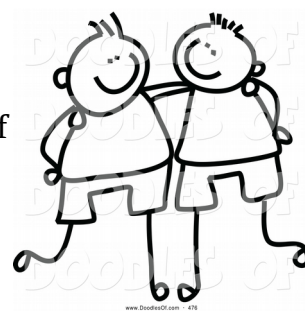
5. I am more productive.

Your productivity will increase as you arrive to work energized, focused and more organized than before. Exercise is one of the biggest contributors to effective personal productivity. You will be able to think more clearly, and you will suffer from less stress and anxiety.



6. I have better relationships.

Exercise puts us in a better mood; the increase in happy hormones in the brain improves your mood and well being. If



you are happier, you will tend to be a nicer person and as a result relationships will hopefully change for the better.

7. I feel healthy.

With all of these bonuses from morning exercise, as you can imagine your health and heart will benefit. Anything that reduces stress will have a substantial influence on your psychical health as well as your mental health.



8. I feel empowered.

If you manage to get up early every day for the next 6 weeks to exercise, you will show yourself that anything is possible. You will know that changing your life is within your control. It's up to you and you will have proven that you can do it.

Give it a go, get up early in the morning to exercise and believe me: before long, you will feel invincible.