

## Perspective

# Morning Exercise is Best for Women and Evening for Men

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Many people ask what's the best time for exercise, and the answer depends upon gender. A recent study found that the effectiveness of exercise depends on the time of day.

Exercise is undoubtedly good no matter when you do it, but exercise early in the morning can help you lose belly fat and lower blood pressure. Evening exercise improved metabolic health, heart health, and overall emotional wellbeing in men.

A recent study showed that the effectiveness of exercises differs not only by types of exercise but also by the time, depending on gender.

Chief investigator of the study Dr. Paul J Arciero said, "Here we show for the first time Women benefit from morning exercise by reducing belly fat and blood pressure, whereas evening exercise improves mood, satiation, and upper body strength and power."

The study suggests that when men exercise in the evening, their blood pressure, heart disease risk, and fatigue symptoms are lower, and they burn more fat.

The findings of our study suggest that women interested in losing belly fat and lowering blood pressure, while also increasing leg strength, should consider exercising first thing in the morning. Those who desire to gain strength, power, and endurance in their upper bodies as well as improve their moods and appetites are more likely to exercise in the evening.

### KEYWORDS

Cardiometabolic health, exercise time of day, abdominal fat, circadian rhythms, muscular strength, power, physical exercise, blood pressure, human physiology, controlled trial, clinical trials, cholesterol, muscles, body weight, nutrition, blood, sports, sports medicine

