

Top 7 benefits of morning activity



Diabetes
New Zealand

Do you lie in bed in the morning saying ‘I’ll go for a walk later rather than get up now’?
Does it make any difference what time of the day you get going?

For many people, activity first thing in the morning can work well for fitness and weight loss. Even just a 10 minute walk, as part of your 30 minutes a day of physical activity.

Here’s why...

1. Activity in the morning gets your metabolism going, helping to burn more calories throughout the day.
2. Studies have shown people who exercise in the morning are more likely to still be exercising one year later, when compared to those who exercise at other times.
3. Doing your activity early is really the only way you can make sure nothing else becomes ‘more important’ than doing activity later in the day.
4. The American Diabetes Association recently reported exercising first thing in the morning can improve triglyceride levels throughout the day.
5. Because you do the same thing every day, your body finds it easier to wake up early and regulate all its functions for the day.
6. Research shows that you stay focused for four to ten hours after activity because of more oxygen to your brain. You’ll get more done at work or school.
7. People who do activity in the morning sleep more soundly than those who exercise at night.

If the morning is not a suitable time for your activity, any other time of the day is still beneficial. Remember you can break your activity into snack-size bites of 10 minutes, three times a day.

Doing your activity at the same time of the day for the same duration and intensity helps to get a pattern developed for the timing of your meals, the amount of carbohydrate you eat and regular blood glucose testing.

A general rule for people with diabetes is to eat a carbohydrate food before, during and after physical activity.

Choose a carbohydrate rich, low fat snack such as bread, low fat muffin, banana, Weet-Bix with low fat milk, lite yoghurt or baked beans. Drink water before, during and after activity. For endurance exercise of over an hour, always carry a suitable carbohydrate.

Talk to your health care team about what is right for you.

What better way to start your day than knowing you’re doing your body and mind good!