



ELITE

Personal Training and Fitness Solutions

## HEALTH TIP OF THE WEEK

### 11/15 - Best Time to Exercise

**The best answers are conflicting and are actually diametrically opposed. How can research suggest or prove mutually exclusive answers?**

When is the best time to exercise or work out? This is a question that clients frequently ask and Internet editorials address.

The problem is that the answers are conflicting and are actually diametrically opposed. One source says, “research shows” that it is best to train or exercise in the morning. This is followed by another source which says, “research shows” it is best to train or exercise in the evening. And then others will say best to train mid-day.

The conflicting answers and information are not limited to just this question. So, how is it possible to have such conflicting answers? How can research suggest or prove mutually exclusive answers? The answer lies in the quality of “research” that is being reported by the social media journalist.

Many of these studies have small sample numbers, research bias, research design flaws, internal reliability and validity flaws, measurement of different outcomes or metrics and have poor research design or controls. Nowadays, it seems that almost anything can be “proven” by “research”.

So, when is the “best time to exercise”? The answer is – that there is no one “best time”. This will vary from individual to individual. Exercise needs to be enjoyable, effective and sustainable. There is no value in telling a “morning person” to work out in the evening and vice versa. The “best time” for you to exercise is when it is most available, enjoyable, feasible and consistently possible. This is what will make it a sustainable lifetime pattern and habit.

So, choose a time that is realistically possible to be consistent and one that fits in with your natural biorhythms.

If you have questions about training time frames or anything else related to exercise nutrition, please reach out to us so we can partner with you and help you improve your health and wellness.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

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