

## **Early Morning Exercise Boosts Blood Sugar Balance**

- 1. Your average blood sugar levels will improve over time as a result of regular exercise, especially when it is done in the morning.** This increases the benefit of exercise so you get more from your efforts.
- 2. Exercise improves insulin sensitivity.** It's always wonderful to give your own body a natural boost. Exercise helps the insulin your body makes to work better. *If you take insulin as a prescription medicine, you need to understand how your body reacts to exercise with this medication.* Be sure to talk to your doctor so that exercise stays safe for you.
- 3. You give your brain a natural boost. Exercise is even better than caffeine, coffee or other stimulants.**
- 4. You get better sleep.** That's right, you sleep longer, deeper and better. And if you're looking to manage weight, lose weight, eat clean and feel great, exercise in the morning is the way to go for most people.
- 5. You improve blood circulation throughout your whole body, including your brain.** This helps you feel better and boosts your energy. With blood sugar issues, so many things start to decline. It's a fine way to reclaim energy and zest!
- 6. You kickstart your metabolism.**

Early morning exercise helps you burn more calories for the next 24 hour. This effect is most pronounced in the first 3 – 4 hours after exercise. This helps you burn calories you eat, instead of store calories as fat. And exercising in the early morning, before eating, keeps your body in a fasted state. This means you are more likely to burn fat. So if you're looking to lose weight and become efficient at burning fat, exercise before eating breakfast.
- 7. You feel like you got something important done first thing in the morning.**

Starting the day with exercise means you got something done that was on your daily to-do list of important things to accomplish. It fuels your sense of getting things done right out of the gate. Good for you! Exercising is a great way to start the day. Now if this is not yet your habit, I get it. You might not be a “morning person”. Or maybe you struggle with being organized enough to start your day with exercise. That’s OK. This is an important habit to shift; it gives you a lot of benefit that you don’t get later in the day.