Many of us think along these lines when trying to incorporate more exercise in our lives:
- I don’t have time to exercise.
- I draw the line at having to give up sleep to exercise.

Exercising at any time of the day is beneficial, but more evidence is always being uncovered about the benefits of exercising in the morning. First, you need to find the time. Consider going to bed earlier and rising earlier, so that you can squeeze in a quick and quiet walk or catch the early news from the vantage point of your stationary bike.

That is one way to find the time. Keeping a sleep and activity diary can help you pinpoint other key aspects of your rest and activity routines. Then you can make some conscious decisions on when to exercise and other key issues influencing your journey to a healthier lifestyle.
Consider the added benefits of exercising in the morning, and you won’t hit the “snooze” button any more. Activity in the morning helps to:

- take the edge off stress, making you happier and more productive.
- increase your energy, get your blood pumping and make your mind sharper.
- boost your metabolism. Our bodies burn calories more quickly and efficiently for four to eight hours after activity. Activity in the morning means we experience the metabolism boost when we need it most, during our daytime hours.
- promote a better night’s sleep.
- increase the likelihood that you’ll include activity in your day.

Too often, as your day progresses, any number of excuses may discourage you from being active.