**6 Amazing Benefits of Morning Exercise**

A morning workout is a fantastic way to start your day – for multiple reasons. Getting your recommended [30 minutes of exercise](http://info.totalwellnesshealth.com/blog/how-much-should-you-be-exercising) each day can be difficult for many full-time employees. Between juggling family priorities and working your 9 to 5, you can always find an excuse to skip the gym. However, making it a habit to exercise right after you get up in the morning might just be the ultimate solution to keep yourself motivated.

We know that it’s tempting to snooze for as long as possible instead of getting up to hit the gym before work. But if you can make it a habit to get your daily exercise in before you get to the office, you’ll feel more accomplished, confident, and enjoy many health benefits.

Check out six amazing benefits of morning exercise below:

**Established routine.** Working out first thing in the morning is an excellent way to establish a [routine](http://info.totalwellnesshealth.com/blog/7-steps-to-a-healthy-morning-routine). Once an exercise routine is established, you’ll be a lot less likely to skip the gym. According to a [research article](http://repositorio.ispa.pt/bitstream/10400.12/3364/1/IJSP_998-1009.pdf) published by European Journal of Social Psychology, it takes about 2 months, or 66 days, on average, for a habit to stick and become automatic. After two months of morning workouts, you’ll be a pro!

**More energy.** Morning workouts are one of the best ways to [feel energized](http://info.totalwellnesshealth.com/blog/sneaky-ways-to-feel-energized-all-day-long) and prepared for your day. In fact, a morning workout might even give you [more energy than a cup of coffee](https://www.health.harvard.edu/blog/exercise-versus-caffeine-which-is-your-best-ally-to-fight-fatigue-2017060811843)! You’ll receive an instant energy boost and increased mental clarity that will lead to a productive day at the office.

**Better mood.** Expect to feel happier and [more optimistic](http://info.totalwellnesshealth.com/blog/7-daily-habits-that-will-turn-you-into-an-optimist) after a morning workout. Breaking an early morning sweat will reward you with a rush of endorphins, serotonin, and dopamine – feel-good chemicals that will boost your mood and help zap stress. Plus, you’re guaranteed to feel happier knowing that you started your day with doing something amazing for yourself and your health.

**Improved sleep.** Exercise in general is known to promote better [sleeping habits](http://info.totalwellnesshealth.com/blog/heres-how-to-get-a-perfect-nights-sleep). However, exercising in the evening can make it harder to fall asleep at night (as it boosts your endorphins). One [study](http://www.news.appstate.edu/2011/06/13/early-morning-exercise/) found that participants who exercised at 7 a.m. experienced deeper, long sleep than those who exercised in the afternoon or evening. Morning workouts are the best way to reap all of the sleep benefits of exercise.

**Lower blood pressure.** Regular exercise is fantastic for helping to prevent hypertension. As it turns out, exercising in the morning might be even better! The same [study](http://www.news.appstate.edu/2011/06/13/early-morning-exercise/) mentioned previously also found that early morning exercise is best for reducing blood pressure. Researchers found that those who worked out in the morning reduced their blood pressure by 10%, and this reduction of blood pressure carried through the remainder of the day.

**Less stress.** Doesn’t it sound lovely to walk into your office free from any [built-up stress](http://info.totalwellnesshealth.com/blog/make-your-life-less-stressful-instantly-with-these-11-tips) and tension? Breaking a sweat before work will lower your body’s cortisol levels (stress hormones). Exercise will also help relieve tension and relax your muscles, which helps to fight the negative effects that stress has on your body.

If you can’t make a morning workout fit with your schedule, that’s completely fine! While there are many health benefits of working out in the morning, regular exercise is amazing for you no matter what time of the day it is. The most important thing is to remember to exercise daily – whether that’s in the morning, over your lunch break, or in the evening. The best time of the day to exercise is the time that works best for you!