

Morning exercise improves your Physical and Mental Energy

Engaging in morning workouts is your all-natural cup of coffee. Wake up your body and prepare your mind. Movement can be a tremendous source of energy, something many of us need when we start our day. But beyond that, morning exercise has been shown to improve focus and mental abilities all day long. Not only will you feel awake and have more energy after your workout, but your mind will be ready to take on whatever tasks you have lined up that day. Some research has measured the effectiveness of exercise to “wake up” the mind, and the results show that it does a better job than coffee!