
best time to exercise

Posted by jmk - 2008/10/25 04:55

The subject of the best time to exercise comes up regularly in this group. Like many others in this group, I think that the best time to exercise is when you will do it consistently. For me, this is in the morning before work. Of course, YMMV. This article discusses lunchtime exercise: Put power in lunch hour <http://www.newsobserver.com/347/story/435683.html> Enjoy!

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Posted by James Silverton - 2008/10/25 04:55

jmk wrote on Thu, 04 May 2006 09:23:47 -0400: j This article discusses lunchtime exercise: j Put power in lunch hour j <http://www.newsobserver.com/347/story/435683.html> j Enjoy! My preferred form of exercise is 45 minutes fast walk if it's not raining and I do it after drinking a glass of juice and *before* breakfast....gives me something to look forward to on the walk :-) James Silverton.

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Posted by Willow Herself - 2008/10/25 04:55

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Posted by Chris - 2008/10/25 04:55

I really like getting out to run or walk at lunchtime when I can. I hate sitting for hours without moving around. I generally do weightlifting either before or after work. I'd probably choose before always, but it isn't feasible to go the gym with the Olympic weightlifting equipment in the morning, so for those days I go after work. And lately I'm trying to find times to lift when I can also attend a yoga class. In a few months I'll be retiring, and then I'll have to figure out whole new plans :-). (And in between now and then I'll be traveling a whole lot, so things will be erratic anyway.) Chris (hoping to get out of the audit early enough today to go to the park and run afterward instead of running in the office park at lunchtime)

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Posted by Andy - 2008/10/25 04:55

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Posted by Rachael Reynolds - 2008/10/25 04:55

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Posted by Beverly - 2008/10/25 04:55

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Posted by Guinevere - 2008/10/25 04:55

You know, I find if I don't do it first thing in the morning, I never find time for it later in the day. I get up, drink a glass of water, a cup of coffee, eat a tablespoon of sunflower seeds, a serving of whole grain cereal with 1/2 cup berries and a sprinkling of wheat germ and flaxseed meal, six ounces of vegetable juice, then I get out the dumb bells or the step and go at it before the day gets away from me and the cats start ordering me around. Guinevere <http://www.writingup.com/blog/Guinevere>

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