

Here's what time of day you should exercise to most effectively prevent heart disease and stroke

Although exercise is always generally good for health, a large new [prospective](#) study finds that one particular time of day may offer the greatest benefit when it comes to lowering the risk of cardiovascular disease (CVD) and stroke.

The study found that physical activity in the morning, between 8 and 11 a.m., had the greatest positive effect on a person's risk of CVD and stroke compared to activity at other times of day.

The association applied equally to individuals who described themselves as morning or evening people.

The study authors also found that people who exercised both early and late in the morning — versus mid-morning — derived the greatest benefit.

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"I think this study does a great job of trying to tackle a few of the biggest challenges in physical activity intervention research," [Dr. Asad R. Siddiqi](#) commented to *Medical News Today*.

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Dr. Siddiqi noted:

For the majority of people, we are simply trying to introduce the habit of physical activity, and so any time of day is better than nothing. As a general rule, though, I try to make exercise promotion simple and flexible to increase adoption, recognizing that timing of exercise is a fine adjustment that has practical aspects and limitations.

[**This is an excerpt. Read the original post here**](#)