

Human Circadian Rhythm: Activity and Exercise

An active balanced lifestyle and exercise, the holistic foods and the rejuvenating sleep are all essential for the preservation of health and prevention of the disease. Exercise and activity maintain muscle and bone strength, digestion, heart and lung health, good sleep, good mood, and happy Spirit. The body is most physically active in the morning hours. Muscle coordination is best in the late afternoon and early evening hours. The exercise timings for optimal health are:

- **Aerobic Exercise**-These exercises increase the heart rate and are ideal for the morning or late afternoon or early evening hours.
- **Strength or weight training**—Ideal for the late afternoon and early evening hours when the muscle coordination is at its best in the circadian cycle. Major competitive sports games typically get scheduled and played in the afternoons and early evenings.
- **Stretching exercises and Walking**—Yoga, Tai-chi, and walking are the ideal exercises for the mornings on an empty stomach. Early morning brisk walk for 20-30 mins has an additional advantage of bright sunlight or daylight exposure for maximum melatonin and vitamin D synthesis. The morning exercise on an empty stomach lets the body burn the stored fat energy.