

Timing of exercise may be key to successful weight loss

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More information: *Obesity*, [DOI: 10.1002/oby.22535](https://doi.org/10.1002/oby.22535)



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In a study of 375 adults who have successfully maintained weight loss and who engage in moderate-to-vigorous intensity physical activity, most reported consistency in the time of day that they exercised, with early morning being the most common time.

The *Obesity* study also found that being consistent in the timing of physical activity was associated with higher physical activity levels, regardless of whether people exercised consistently during the morning, afternoon, or evening.

"Our findings warrant future experimental research to determine whether promoting consistency in the time of day that planned and structured physical activity is performed can help individuals achieve and sustain higher levels of physical activity," said senior author Dale Bond, Ph.D. of the Brown Alpert Medical School. "It will also be important to determine whether there is a specific time of day that is more advantageous for individuals who have initial low physical activity levels to develop a [physical activity](#) habit," added first author Leah Schumacher, Ph.D.

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