

## People who go for Walk/Exercise Early in the Morning will be More Active throughout the Day than People not Walking/Exercising

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### ABSTRACT

*The main purpose of this study is to provide further information about the role of doing physical activity early in the morning in enhancing overall body activity and reducing the chances of various diseases. With the help of a survey, we also confirm that early morning physical exercise is more beneficial than evening exercise. We also provide an outline that early morning physical activity enhances the body's ability to perform various tasks related to daily life activities whether it is in academics, in any organization, or any other. It also shows the relationship between exercise and health status that an increase in the early morning physical activity also improves the quality of life.*

**Keywords-**Physical activity, Health status.

### INTRODUCTION

#### Physical Fitness/Physical Activity

Physical fitness means a well-balanced state of mind and a totally fit body that is free from diseases. Both mental and physical body status is important for physical fitness. Health-related fitness involves the components of fitness associated with health status, including cardiovascular fitness, musculoskeletal fitness, body composition, and metabolism. Physical activity is the key factor to achieving physical fitness. In large epidemiologic investigations, physical activity and fitness are often used interchangeably, with fitness commonly being treated as a more accurate measure of physical activity than self-report.[1]



## **How much Physical Activity is Required?**

There's substantiation that the intensity of physical exertion is equally and linearly associated with mortality. Some studies revealed that regular physical exertion (expending > 2000 kcal (8400 kJ) per week) was associated with an average increase in life expectancy of 1 to 2 times by the age of 80 and that the benefits were direct indeed at lower situations of energy expenditure. Posterior studies have shown that average energy expenditure of about 1000 kcal (4200 kJ) per week is associated with a 20 – 30 reduction in all-cause mortality. [2,3,4]

## **Effect of Physical Activity on Physical Body Status**

There have been multitudinous studies that have reported on the significance of physical exertion for weight control. These studies have concentrated on the forestallment of weight gain, successful weight loss, and the forestallment of weight recapture. The interest in physical exertion as a life strategy to combat the adding frequency of fat and rotundity stems from the fact that it's the one system that can be constantly used to increase energy expenditure.[5]

Regular early morning physical activity is the most important thing that we can do for improving our physical health, the various benefits of performing physical activity are-

- 1) Maintain body weight
- 2) Reduce the risk of cardiovascular disease
- 3) Reduce the risk of type 2 diabetes and metabolic syndrome
- 4) Improve the quality of life
- 5) Strengthen bone and muscles [6]

## **Effect of Physical Activity on Mental Body Status**

Regular physical activity shows immediate Effects on the mental status of persons. It may improve brain health and improve the quality of sleep. Which in turn helps in better productivity of the ideas. Exercise improves internal health by reducing anxiety, depression, and negative mood and by perfecting tone- regard and cognitive function. Exercise has also been planted to palliate symptoms similar to low tone- regard and social pullout. [7,8]

## **METHODS**

For supporting the hypothesis, we prepared a questionnaire with some questions related to walking/physical exercise on a daily basis and collected responses of the working population. We further concluded the most favourable time for exercise and found out about the increase of energy levels in the body due to the physical activity. The questions are as follows-

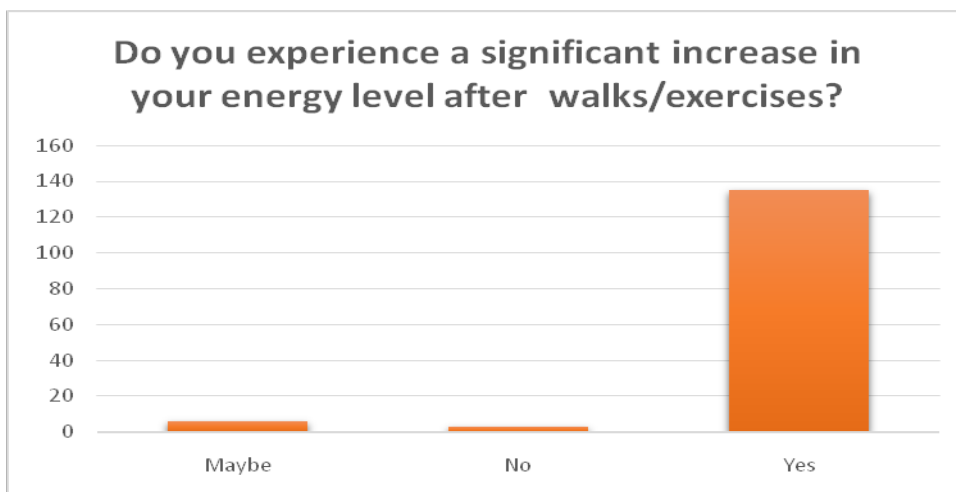
- 1) Do you walk/exercise regularly?
- 2) Do you experience a significant increase in your energy level after walks/exercises?
- 3) Since how long have you been going for walk/exercise?
- 4) Which experience is better for you?
- 5) What drives you to continue your walks/ exercises?
- 6) Would your advice same to others?

## **RESULTS**

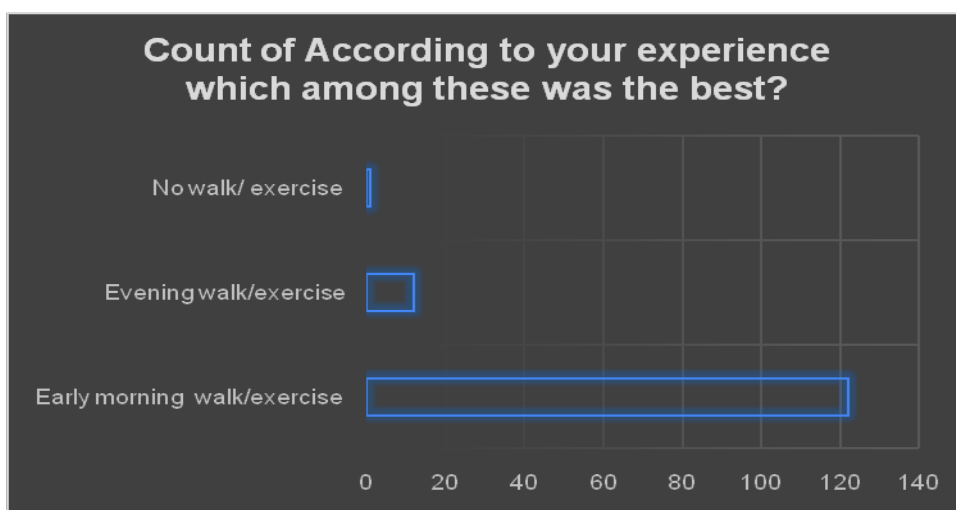
There were 200 responses collected out of which more than 140 individuals performed physical activity daily.



Now, out of these individuals (145) who perform a daily physical activity, 135 individuals experience significant increase in their energy levels after the walk or exercise.



Now, 123 out of the 135 individuals who experience significant increase in the energy levels after their walk/exercise prefer morning walk or early morning exercise.



## CONCLUSION

After collecting and analysing the responses, we conclude that performing physical activity early in the morning is better than in the evening as the individuals who perform them during the morning in comparison to those who perform them in the evening or perform no physical activity at all, experience a significant increase in the energy levels and perform their daily tasks in a better way.

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