

Human Circadian Rhythms and Activity-Rest Cycle

An active balanced lifestyle and exercise is the third survival behavior which must remain in synchrony or harmony with circadian rhythm to preserve health and prevent disease. Regular physical activity and exercise promote muscle and bone strength, heart and lung health, good sleep, good mood, and a happy spirit. When in synchrony with natural circadian rhythms, the body is most active physically in the morning, and the muscle coordination is best in the late afternoon and early evening hours (see the picture on natural daily circadian rhythms controlled by brain clock section 3-Brain Clock and Internal Clock System). The exercise timings for optimal health, therefore, are:

Aerobic exercise	The aerobic exercises increase the heart rate and are ideal for the morning, or early afternoon and late evening before 7 PM. Aerobic exercise late in the evening after 7 PM is not a good idea because adrenaline produced can interfere with sleep.
Strength and weight training	Muscle coordination is best in the late afternoon and early evening, so this time is best for competitive sports, strength, and weight training.
Stretching, brisk walking, yoga	These are the ideal exercises for the morning. Do these exercises outdoor under the morning sun to get the maximum benefit of sunlight for enhancing melatonin and serotonin synthesis in the pineal gland, and vitamin D synthesis in the skin. Additionally, the brisk morning walk on an empty stomach allows the body to use up stored fat.