

Activity and Exercise

Regular exercise and staying active lowers the level of inflammation by normalizing energy balance, enhancing heart and lung health, maintaining bone and muscle strength, improving digestion, minimizing constipation, ensuring a good sleep, and finally improving mood and spirit. The body is most physically active in the morning hours, and muscle coordination is at its best in the late afternoon and early evening hours. For optimal health, one can follow the guidelines outlined below:

- Aerobic exercise such as running, bike riding, and brisk walking – These exercises increase the heart rate and are ideal for the morning and early evening. Late evening intense exercise releases excitatory hormones like adrenaline which interfere with sleep.
- Strength and weight training – These are ideal for late afternoon (after 3 PM) or early evening hours when the muscle coordination and endurance are at its best. That is the time during which competitive sports games get played.
- Stretching and walking – Yoga and walking are ideal for morning hours when the sunlight exposure is the best for vitamin D synthesis in the skin. Morning brisk walking on an empty stomach after overnight fasting allows the body to use up stored fat energy.

Stay active the entire day, making sure to do 7-10,000 steps daily (for the elderly less, 3 to 5000 steps a day).