

词汇: *exercise* 锻炼, 运动

With our already busy lives, finding time to exercise can feel like one more thing on our ‘to do’ list. So maybe it would help if there was ‘a best time’ to exercise? Could exercising at certain times help maximise our **fitness goals**? The answer is ‘yes’, but it’s easier than you think – no matter who you are, or when you like to **work out**.

There are clear **benefits** to exercising in the morning. Many of us have more free time compared to later in the day, and it may therefore be easier for us to **stick to** a morning **workout** routine. A study published in *Medicine and Science in Sports and Exercise* found that **participants** who exercised in the morning, **increased** their **physical activity throughout the day**, were less **distracted** by food, and slept better. Exercising on an empty stomach before breakfast could also **burn** more **fat** and increase **metabolism**, which means you’ll continue to burn calories throughout the day.

So, good news for early birds, but what if you’re not a morning person? Working out in the afternoon or evening also has benefits, just different ones. For example, your body’s ability to perform **peaks** in the afternoon, according to a 2010 study by the *Scandinavian Journal of Medicine and Science in Sports*. Also, in the afternoon and evening, your **reaction time** is quickest, and your **heart rate** and **blood pressure** are lowest, which **reduce** your chance of **injury** while improving **performance**.

But does any of this change depending on whether you’re a man or a woman? Our bodies are different, after all, so the best time to exercise may be different too. A 2022 study from Skidmore College, New York, looked at exactly this question and the results showed that there are some differences. Want to reduce your blood pressure and you’re a woman? Exercise in the morning. Want to improve your heart health and you’re a man? Evening is better for you. But, ultimately, the study found that there are clear benefits for both sexes to exercising at either time of day. So what time is best? It seems the answer is: whatever time is best for you!

词汇表

fitness goal	健身目标
work out	锻炼身体
benefit (n)	优势, 好处
stick to	坚持
workout	锻炼
participant	参与者
increase	提高
physical activity	体育活动
throughout the day	一整天
distracted (adj)	注意力分散的
burn	燃烧
fat	脂肪
metabolism	新陈代谢
peak (v)	达到顶峰
reaction time	反应时间
heart rate	心率
blood pressure	血压
reduce	降低
injury	伤, 损伤
performance	表现, 技能

测验与练习

1. 阅读课文并回答问题。

1. Why is it easier for some people to stick to a morning exercise routine?
2. True or False? *Exercising in the morning means you are lazy later in the day.*
3. When is the body most able to perform – morning or afternoon?
4. True or False? *You can hurt yourself less exercising in the afternoon or evening.*
5. I am a man and I want to make my heart healthier. When should I exercise according to a study from Skidmore College, New York?

2. 选择意思恰当的单词或词组来完成下列句子。

1. I know that if I want to play the guitar well, I have to _____ it.

stick to	work out	increase	perform
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2. It helps to have a fitness goal when you start a _____ routine.

physical activity	benefit	workout	work out
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3. When I have a big breakfast, I usually need to eat less _____.

metabolism	throughout the day	burn	reduce
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4. There's a _____ rain. Bring your umbrella.

throughout the day	increase	chance of	performance
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5. The dancers practised every day for weeks until their _____ improved.

perform	performance	participant	benefit
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答案

1. 阅读课文并回答问题。

1. Why is it easier for some people to stick to a morning exercise routine?

Because many people have more free time in the morning than later in the day.

2. True or False? *Exercising in the morning means you are lazy later in the day.*

False. Exercising in the morning can increase physical activity throughout the day.

3. When is the body most able to perform – morning or afternoon?

The body's ability to perform peaks in the afternoon.

4. True or False? *You can hurt yourself less exercising in the afternoon or evening.*

True. In the afternoon and evening, your reaction time is quickest, and your heart rate and blood pressure are lowest, which reduce your chance of injury.

5. I am a man and I want to make my heart healthier. When should I exercise according to a study from Skidmore College, New York?

Evening. Evening exercise helps improve heart health in men according to a study from Skidmore College, New York.

2. 选择意思恰当的单词或词组来完成下列句子。

1. I know that if I want to play the guitar well, I have to **stick to** it.

2. It helps to have a fitness goal when you start a **workout** routine.

3. When I have a big breakfast, I usually need to eat less **throughout the day**.

4. There's a **chance of** rain. Bring your umbrella.

5. The dancers practised every day for weeks until their **performance** improved.