



The Medical **Bulletin**

Exercise Corner

Frontiers in Physiology

Exercise Physiology

ORIGINAL RESEARCH article

Morning Exercise Reduces Abdominal Fat and Blood Pressure in Women; Evening Exercise Increases Muscular Performance in Women and Lowers Blood Pressure in Men

Paul J. Arciero et al

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Morning exercise (AM) reduced abdominal fat and blood pressure and evening exercise (PM) enhanced muscular performance in the women cohort. In the men cohort, PM increased fat oxidation and reduced systolic BP and fatigue. Thus, ETOD (ideal exercise time of day) is vital to optimize individual exercise-induced health and performance outcomes in physically active individuals and may be independent of macronutrient intake

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