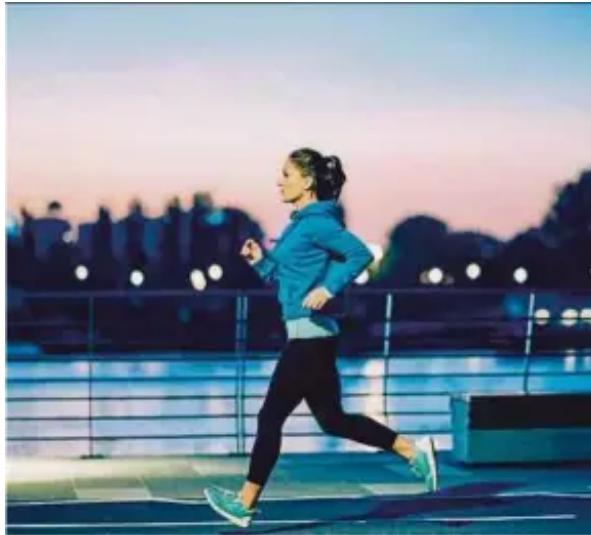


- Exercise / Weight loss

Exercising in the evening may help with weight issues

New Straits Times · 25 Apr 2024 · 11 · By ETX Daily Up

WHILE the benefits of physical activity are well established, there remains debate on the subject of when the best time to exercise is.



A new Australian study weighs in on the subject, claiming that exercising at the end of the day is particularly beneficial for overweight and obese people.

The authors of this research, published in the journal ‘Diabetes Care’, came to this conclusion after analysing the health data of 30,000 overweight and obese people over the age of 40 for eight years. Some of them had been previously diagnosed with type 2 diabetes.

After taking into account factors such as age, gender, smoking habits, as well as fruit and vegetable consumption, the researchers found that subjects who exercised late in the day, between 6pm and midnight, had the lowest risk of premature death and cardiovascular disease. The findings of this study pave the way for the potential crafting of new therapeutic advice for overweight and obese adults. Interestingly, a study published last year in the journal ‘Obesity’ states that it’s better to exercise at the start of the day. Exercising between 7am and 9am supports optimal weight management, that research found.

However, that study involved a smaller panel of participants than the one appearing in the journal ‘Diabetes Care’, and has certain methodological limitations.

Despite this divergence, both studies are part of a growing body of scientific work attesting to the importance of physical activity in the care of overweight and obese people.

The World Health Organisation recognises overweight and obesity as the fifth leading cause of death worldwide, making it a priority for medical research.