Timing exercise

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Aligning your exercise timing with whether you are a morning person or night person could help protect from heart disease as well as help boost your sleep quality, says researchers at the University of Lahore, Pakistan. The team looked into the lives of 150 people aged 40-60 who had at least one risk factor for heart disease. The participants were quizzed to determine their chronotype – whether they were a morning lark or a night owl – and then set exercise programmes that either matched or didn't match their body's preferred timing. Although both groups showed improvements in heart health and sleep quality, those who matched their exercise to their chronotype showed much larger improvements.