

Why workout timing matters (Broadcast)

INTRO:

IT'S COMMON KNOWLEDGE THAT EXERCISE IS GOOD FOR YOU. BUT RECENT RESEARCH SUGGESTS THE TIMING OF **WHEN** YOU WORK OUT... MAY PROVIDE ADDITIONAL HEALTH BENEFITS YOU DIDN'T EXPECT.

TAKE VO

RESEARCHERS RELEASED A NEW STUDY IN THE BRITISH MEDICAL JOURNAL'S OPEN HEART PUBLICATION – FOCUSED ON TIMING WORKOUTS DUE TO THE PARTICIPANT'S INTERNAL CLOCK.

DR. DARREL GUMM... VICE PRESIDENT OF OSF HEALTHCARE CARDIOVASCULAR INSTITUTE IN PEORIA... EXPLAINS THAT BY SYNCING YOUR EXERCISE ROUTINE TO YOUR NATURAL CIRCADIAN RHYTHM – OR YOUR BODY'S INTERNAL CLOCK – THAT YOU'LL SEE ADDITIONAL BENEFITS TO YOUR HEART HEALTH.

TAKE SOT | DR. DARREL GUMM | VICE PRESIDENT | OSF HEALTHCARE CARDIOVASCULAR INSTITUTE

"So, if you're a morning person, work out in the morning. If you're a morning person working out at night, you're going to get a benefit, but it won't be as profound as doing that in the morning. Vice versa, if you're a night person and you work out in the morning, you're going to get a benefit, but not as much as if you timed it to your natural circadian rhythm and when you're most alert."

VO TAG

DR. GUMM SAYS TIMING OUR EXERCISE ACCORDING TO WHEN WE ARE MOST ALERT BENEFITS ALL OUR MODIFIABLE RISK FACTORS... BUT ESPECIALLY HELPS LOWER OUR BLOOD PRESSURE. BAD CHOLESTEROL... KNOWN AS L-D-L CHOLESTEROL... ALSO DROPPED MORE WHEN PEOPLE ALIGNED THEIR WORKOUT TIMING... WHILE ALSO INCREASING HEALTHY CHOLESTEROL – OR H-D-L CHOLESTEROL.

ADDITIONAL INFO/SOUNDBITES:

The type of exercise this study revealed to be better during your natural circadian rhythm were aerobic exercises, which is exercise that works your muscles repeatedly and in a rhythm. "It was a five-minute warmup, 30-minute workout, five-minute cool down," Dr. Gumm adds.

"It's a great opportunity to emphasize the importance of physical activity. It's easy for us to ignore it, put it to the side and forget about it. But our standard recommendation is 30 minutes a day, five days a week," Dr. Gumm says. "If you can do 150 minutes a week, you're really getting a benefit."

"But even LDL cholesterol (bad cholesterol) showed a bigger drop in those who aligned their workout time with their circadian rhythm," Dr. Gumm says. "It dropped in both groups, whether you were aligned or not, but there was a bigger drop in the aligned group."

Exercise also helps increase HDL cholesterol, or the healthy cholesterol. It can also help drop a person's triglyceride level, which in turn can increase their HDL levels. Avoiding simple carbohydrates like white rice, white bread, pasta, sugar, potatoes and alcohol can decrease your triglyceride levels and bump up your HDL levels, Dr. Gumm points out.

If you can't make time for 150 minutes of exercise a week, Dr. Gumm recommends "exercise snacking." Examples are walking up and down three flights of stairs, three times a day, three days a week. Parking your car a little further from the office and getting in extra steps – simple things that you can modify easily into your daily routine.

To find a provider or schedule an appointment with the cardiology team at OSF Cardiovascular Institute, visit the OSF HealthCare [website](#).