



March 20, 2020

Can Exercising Before Breakfast Dramatically Improve Your Health?

by Marie DeFreitas



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Have you ever wondered if skipping breakfast before exercising could have any positive effects? Its looks just it might. A study published by the [Journal of Clinical Endocrinology and Metabolism](#), set out to to discover the effects of exercising before or after breakfast. The minds behind the study, health scientists at the Universities of Bath and Birmingham, organized a six week study conducted the study on a group of 30 men. Each participant had been classified as obese or overweight. They were then divided into three groups:

1. One group who ate breakfast before exercising
2. One group that ate after exercise
3. A control group who made no changes to their lifestyle

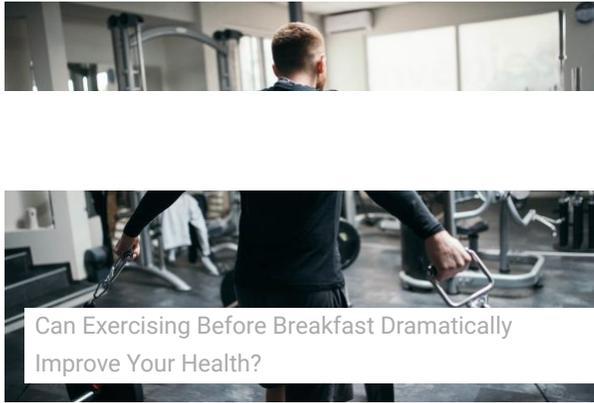
One of the main takeaways from the study revealed that exercising before breakfast had absolutely no effect on weight loss. The men who exercised after eating breakfast lost the same amount of weight as the men who ate it after. The group who didn't change their lifestyle at all lost no weight, reported [Scientific American](#).

About 40% Of U.S. Adults Are Obese, Government Survey Says

“Our results suggest that changing the timing of when you eat in relation to when you exercise can bring about profound and positive changes to your overall health,” says Dr. Javier Gonzalez, from the University of Bath’s Department for Health, reported [Medical News Today](#).

“Importantly, while this didn’t have any effect on weight loss, it did dramatically improve their overall health,” noted Dr. Gonzalez.

However, the timing of meals did have “profound and positive” effects on their health. There have been numerous studies suggesting the intermittent fasting could help your body blood sugar and possibly help burn fat. However, with these regimens, fasters usually eat less in general.



Healthline reported that studies have shown that exercising before breakfast does indeed have some long-term ramifications. In addition to keeping your blood sugar levels in check, practicing this could also have the potential to reduce the risk of conditions such as heart disease and diabetes.

The participants breakfast were high in carbohydrates, so it's not yet known whether a low carb meal each day would have the same effect.

"This work suggests that performing exercise in the overnight-fasted state can increase the health benefits of exercise for individuals, without changing the intensity, duration, or perception of their effort," states study co-author Dr. Gareth Wallis, from the University of Birmingham.

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Keep in mind ,however, that this study is specific to men. Whether this tactic has the same effect on women, is something that will need further examination.

Although, longer studies need to be conducted in order to for researchers to provide any solid conclusions. Medical News Today noted that fasting overnight and exercising before breakfast could be the key to increasing the effectiveness of exercise in people with overweight or obesity.

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