

# Early to Rise Customer Support

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## Best time to workout

Honey - 2020-02-07 - in Exercise FAQs and Substitutions

The truth is that there is no reliable evidence to suggest that calories are burned more efficiently at certain times of day.

BUT, the time of day can influence how you feel when exercising.

The most important thing is to choose a time of day you can stick with, so that exercise becomes a habit.