

# Lesson: Benefits of Morning Workouts

August 24/25, 2020



# Black Diamond High School WT/TS

- 10-12 grade
- Standard curriculum
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# Objective

Students will be able to:

- Identify the benefits of working out in the Mornings.
- Explain the physiological effects of morning work outs
- Explain the psychomotor effects of morning work outs
- Demonstrate an understanding of the Cognitive effects of morning work outs

Today's Practice:

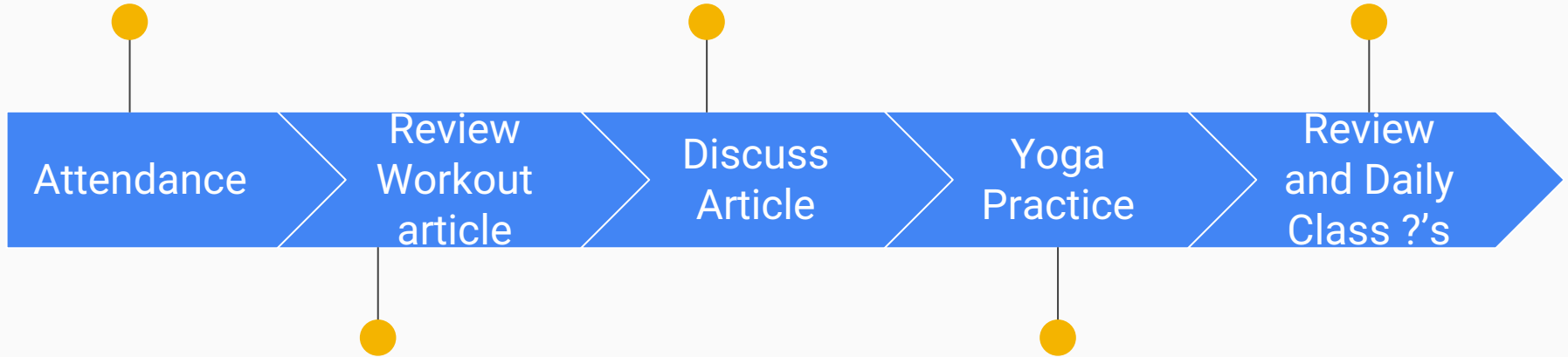
14 min

Intro to Vinyasa

# YOGA DAY 1

Discuss the information presented in the article

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Class Read Article "13 benefits of morning workouts"

14 Minutes-Day 1 Intro to Vinyasa Yoga Practice

# 8/24 & 8/25 Daily Class Question

**Review this Article on the 13 benefits of morning exercise:**

**-choose three benefits that you think are most relevant to your life.**

**- list the three benefits and explain why Those are important to you**

**Think on your day one practice of Vinyasa:**

**Did you notice any changes to how you felt physically, or emotionally when you completed the practice?**

**What differences did you notice/observe? How do those differences connect to the benefits of morning exercise for you?**