

Going Green-Outdoor Fitness



Outdoor Exercise Can Boost your Mood:

Outdoor exercise, also known as "green exercise," incorporates two health-enhancing activities: moving the body and getting outdoors. And the results are extraordinary. If you're looking to enhance your mood, save money, and avoid the time and trouble of going to the gym, look no further than the great outdoors. Exercising outdoors offers all the physical benefits of indoor exercise, such as blood flow, improved cardiovascular health, improved strength, flexibility, endurance, etc. and can also provide essential exposure to sunlight that increases important vitamin D levels, unlike indoor exercise.

Here are some benefits of getting your sweat on with Mother Nature:

Improved Mood and Reduced Depression: Outdoor exercise provides a mental health boost beyond that of indoor gyms. Moving outdoors has been shown to reduce anger and depression and improve mood. You don't have to run a marathon or crush an outdoor boot camp to reap the benefit. Even low-intensity activities, like walking or gardening, will do. For a quick afternoon pick-me-up, head outside for a 15-minute walk break, and return to work feeling energized.

Enhanced Self-Esteem: Research shows that as little as five minutes of outdoor exercise can improve self-esteem. Activities shown to improve self-esteem include walking, running, cycling, yoga, horseback riding, fishing and gardening. A regular dose of outdoor activity can help boost the already powerful esteem-enhancing effect of exercise.

Ease of Access: Lack of time is another common barrier to exercise. Navigating through traffic, parking garages, and crowded locker rooms takes time away from your workout. Taking advantage of the great outdoors could reduce these time constraints. Local hills, tracks, and



residential streets in the area are perfect for walking, running, and cycling, while nearby parks such as [Delaware State Parks](#), [Maryland State Parks](#), and [Pennsylvania State Parks](#) are great for both leisure activities and strength and cardio training. The outdoor environment also provides a low-cost alternative for exercise enthusiasts and trainers alike. A local permit and small fee are often all that's needed.

The Capacity to Work Out Together: The majority of parks and recreation locations, such as sports parks and tracks, are open to the public. This will allow you to train and spend time exercising with friends and family members who do not attend the same gym as you. Furthermore, exercising outside allows you to meet new people while getting a great workout!

Outdoor Exercise Precautions:

Not all outdoor spaces are suitable for exercise. Traffic, weather conditions, and safety are all things to consider before heading outdoors. Carefully assess your outdoor space to find a setting that is safe and meets your exercise needs. Depending on the conditions, sunscreen, a hat, warm clothes or protective rain gear may be necessary.