

A photograph of a dirt path winding through a lush, green forest. The path is made of dirt and has several wooden logs laid across it as steps. To the right of the path, there is a rustic railing made of thick, weathered logs. The forest is dense with green foliage, and the background is shrouded in a light mist or fog, creating a serene and atmospheric scene.

**Physical Activity
for the
Great Outdoors**

Why Workout Outside?



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- Working out outside is said to be more strenuous and improves your running stride.
- Not only will you boost your calorie burn, you will also hit muscle groups that machines cannot work.

- Research has shown improvements in mental well-being, self-esteem and can even help with depression.
- By getting outside, the exposure to plants and trees can even improve your immune system.



12 Best Outdoor Workouts to Burn Fat and Build Muscle

- Hill-Sprint Workout
- Bodyweight Park Workout
- Jogging/Running
- Trail Running
- Walking
- Beach Workouts
- Swimming
- Hiking
- Kayaking
- Tennis
- Volleyball
- Biking



6 Reasons to Take Your Workout Outside

- 1. Working out outdoors promotes higher vitamin D levels.** Vitamin D, also known as the "sunshine vitamin", has recently been proven to influence cancer development (with the recommended amounts) and mental health.
- 2. Your lungs function better with fresh air.** Fresh air also helps give you more energy. For example, 20 minutes of working out outside is equivalent to drinking one cup of coffee in terms of its energy-boosting effects.
- 3. You will burn more calories.** Cardio machines, such as the treadmill and elliptical, can hinder the increase in your fitness levels. Sure you can adjust the incline, but nothing beats the complex terrain of the outdoors.
- 4. Disconnect and be one with nature.** We spend essentially most of our days indoors using technology for work-related and/or personal reasons. Studies have shown that those who are connected with nature are happier, feel more vital, and have more meaning in their lives.
- 5. It makes you *feel* healthier.** Outdoor exercise is linked to reduced stress, decreased feelings of tension and anger and fewer symptoms of depression.
- 6. It is less "routine" than working out in the same environment every day.** Mixing up indoor and outdoor sessions to keep your exercise routine fun and exciting.



The Benefits of Spending Time in Nature

- **More Efficient Exercise**

- If you make getting outside a goal, that should mean less time in front of the television and computer and more time walking and doing other things that put the body in motion.

- **Improved Concentration**

- Children with ADHD seem to focus better after being outdoors. It might be a stretch to say that applies to adults, but if you have trouble concentrating, outdoor activity may help.

- **Increased Vitamin D Levels**

- Sunlight hitting the skin begins a process that leads to the creation and activation of vitamin D.
- Studies suggest that this vitamin helps fight certain conditions, from osteoporosis and cancer to depression and heart attacks.

- **Increased Happiness**

- Light tends to elevate people's mood, and there's usually more light available outside than in.
- Physical activity has been shown to help people relax and cheer up.

- **Improved Healing**

- People recovering from surgery experienced less pain and stress and took fewer pain medications when they were exposed to natural light.



Resources:

- <https://www.fitnessmagazine.com/workout/lose-weight/total-body/best-outdoor-workout/>
- <https://greatist.com/fitness/working-out-indoors-versus-outdoors>
- <https://www.fitday.com/fitness-articles/fitness/cardio/gym-vs-outdoor-fitness-training-the-pros-and-cons.html>
- https://greatergood.berkeley.edu/article/item/how_modern_life_became_disconnected_from_nature