

GET OUTSIDE

why green exercise is great



By now, you are aware of the many benefits of exercise, but you may not realize that where you exercise can make a difference in your fitness routine. Outdoor exercise – also called *green exercise* – offers a host of advantages that sets it apart from traditional indoor fitness.

6 Reasons Outdoor Exercise is Good for You

FEEL-GOOD HORMONES

Outdoor exercise (especially in nature) boosts serotonin, which regulates mood. It also ups endorphins, which help relieve pain, reduce stress and improve your sense of well-being.

Not only is vitamin D production due to sunlight good for your immune system, but studies suggest breathing in phytoncides – airborne plant chemicals – can improve immune response by 50% or more!

BETTER IMMUNITY

SUNSHINE

Sunlight gives us a dose of vitamin D, which is important for our bones, blood cells, and immune system. Sunlight also helps keep serotonin levels up, which boosts energy and keeps you calm, positive, and focused.

A changing environment keeps your body engaged and challenged. Wind resistance and uneven ground gives you a more varied workout and helps you work harder.

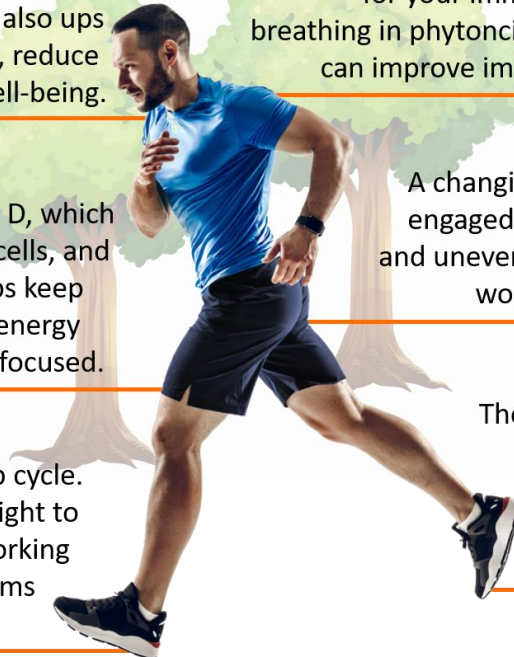
VARIED WORKOUT

BETTER SLEEP

The outdoors help set your sleep cycle. Cells in your eyes need enough light to get your body's internal clock working right. Early morning sunlight seems particularly helpful for sleep.

The variety of outdoor terrain works out different muscles in different ways, which can strengthen your connective tissue. This may help you avoid certain injuries.

LOWER RISK OF INJURY



NEED IDEAS?

Fun ways to move outside!

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| Hiking An excellent cardio exercise to strengthen your lower body. Make it a fun treasure hunt and give geocaching a try. | Swimming A great full-body workout that uses almost every muscle! Great for core strength and cardiovascular health. | Recreational Sports Sports are fun, great for cardio, and target multiple muscle groups. Tennis, golf, soccer.. choose what you love! | Standup Paddleboarding Paddling targets your upper body. Keeping your balance makes it a great core and lower body workout. |
| Skiing or Snowboarding A fun way to improve strength, balance, and cardiovascular health. | Kayaking A great cardio exercise that helps build upper body and core strength. | Skating or Rollerblading A low-impact cardio activity great for building lower body strength. | Outdoor Workouts Bring your usual workout outside. Run on a track, weight train in the yard, or do yoga in the park. |

Sources: [healthline.com/nutrition/outdoor-workout-ideas#other-outdoor-workout-ideas](https://www.healthline.com/nutrition/outdoor-workout-ideas#other-outdoor-workout-ideas) | [footwearnews.com/feature/benefits-of-outdoor-exercise-1203225901/](https://www.footwearnews.com/feature/benefits-of-outdoor-exercise-1203225901/) | www.webmd.com/fitness-exercise/ss/slideshow-cardio-exercise-good-for-more-than-heart | Images by Freepik