



## BODY RESET - DAY 11

[risewellnesshub.com](http://risewellnesshub.com)

### Benefits of Exercising Outdoors



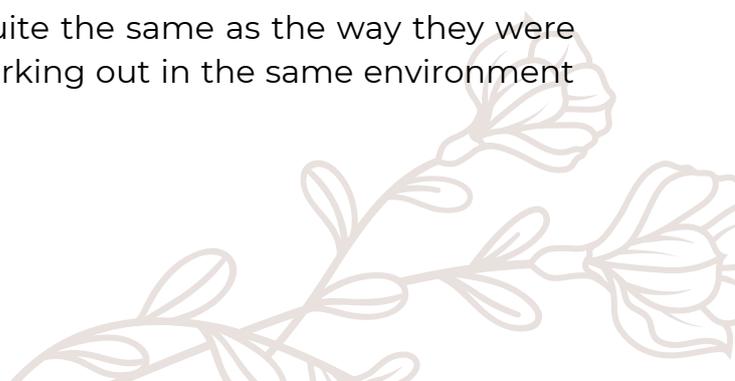
Why not take your fitness outside? Here are eight reasons why you should be exercising outdoors.

#### 1. Your social life will improve.

Think about hiking, running groups, cycling groups or walking with your partner. Social interactions also lessen stress and increase happiness.

*Unpredictability is also essential for the human spirit. When you exercise outside, every day the environment is a little bit different.*

Even if you work out at the same park, or the same location, chances are the weather and surroundings will never be quite the same as the way they were the day before. It feels less routine than working out in the same environment every day.



## 2. You breathe better air outside.

*There is no doubt that fresh air outside is superior to the recycled air you breathe inside a building.*

Fresh air will even give you more energy. Just 20 minutes of working out outside is equivalent to drinking one cup of coffee in terms of its energy-boosting effects.

## 3. You'll burn more calories.

You are pretty limited on the treadmill. Sure, you can adjust the incline, but nothing beats the complex terrain of the outdoors. Working out outside promotes "muscle confusion," which can help your body burn more calories.

While outside, you will probably also work out longer than you would indoors at a gym because indoors you're probably constantly checking how much time you have left. It's easy to lose track of time and exercise longer when you're working out in a beautiful environment like a park.

## 4. Nature is good for us.

It's good to disconnect and be in nature. We spend essentially most of our days indoors using technology for work-related or personal reasons.

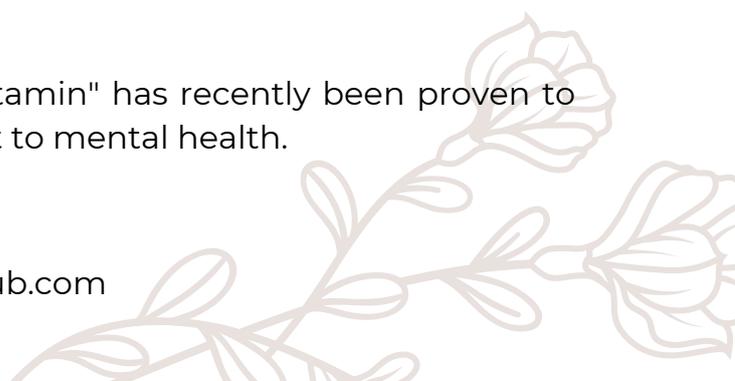
It's way too easy for someone to spend days or weeks at a time barely going outside.

It's always a good thing to stop and disconnect from our virtual worlds in order to step outside and soak up the benefits of the outdoors.

Working out outside helps clear your mind while reducing stress. Being outdoors in an environment like a park also helps with focus, which will probably in turn help with your professional and personal life.

## 5. It promotes higher vitamin D levels.

Vitamin D, also known as the "sunshine vitamin" has recently been proven to affect everything from cancer development to mental health.



Many of us are not getting sufficient vitamin D from spending too much time indoors. Overweight people are almost twice as likely to be not getting enough vitamin D.

The more you absorb vitamin D through your skin from outside, the better your body is able to absorb it.

6. It just makes you feel good.

*Scottish researchers discovered that working out outside has a 50 percent greater positive effect on mental health than just going to the gym.*

Outdoor exercise is linked to stress reduction, a decrease in feelings of tension and anger, and less symptoms of depression.

7. You'll improve your heart health and lower your blood pressure.

Immersing yourself in nature helps to lower cortisol, pulse rate & blood pressure.

8. You're less likely to get injured.

People who take their exercise outside are less likely to suffer injury.

The repetitive pounding on a treadmill with no change in terrain can be tough on the body, leading to overuse injuries.

When you run outside you are more likely to flex your ankles and be met with downhill terrain, leading to stronger, more resilient muscles overall.





Join me today, wherever you are, to spending some time exercising outdoors



