



The benefits of an outdoor workout

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Beautiful birches on the Pyramid Point hiking trail in Glen Arbor
elaine keaton

Take it outside. This is a challenge to take your workout outdoors today for numerous benefits. Enjoy fresh air, the inspiration of nature and a new outlook on the day. Remember when your mother told you to go outside and play, she was right. The benefits of getting outdoors for exercise are real.

A recent study done in England showed that an outdoor workout does wonders for your mood, acting like a natural anti-depressant. The researchers in England found that outdoor workouts are nature's "Zolof". When they compared the mental benefits of a 30-minute walk in the park with an indoor jaunt, 71 percent of the subjects who took it outside said they felt less tense afterward, while 72 percent of the indoor crew felt even more stressed.

In addition to the mood-enhancing benefits of taking your workout outside you burn more calories because of the varied terrain and because your body has to work harder to keep your body temperature up. There is also the added anti-boredom factor. You

see more interesting things that keep you motivated and engaged in your workout and this helps you to forget that you are working-out.

Autumn is a beautiful time of year to enjoy the outdoors. Take a walk with your dog or your friend or just enjoy the sounds and sights of nature on your own. Dress appropriately because you don't want to make your body work too hard. Of course there are some days when you can't workout outdoors, but when you can" just do it". Take it outside today for fun and fitness.



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