

Benefits of Outdoor Exercise

Did you know that outdoor exercise provides benefits that you won't experience with an indoor workout? Of course, you'll want to be mindful of the heat index and make sure your physician is on board with your exercise plan. But make sure to consider these benefits of outdoor exercise.



- The exposure to sunlight also gives you Vitamin D, which is linked with improved mood, immune system, reduced inflammation, and better mental health outcomes.
- Being in nature tends to boost overall feelings of happiness, satisfaction, and well-being.
- Breathing fresh air outside reduces stress and makes us feel more relaxed.
- The natural temperature regulation and changing terrain force your body to work in a different (and perhaps more natural-to-real-life) way.
- Exercising in the great outdoors is free.
- Many people find that an outdoor workout is more enjoyable and motivating.

From U.S. News

<https://health.usnews.com/health-news/blogs/eat-run/articles/outdoor-exercise-health-benefits>