Many people know that exercise improves health and wellbeing. But did you know that there’s a growing body of research which suggests that exercising outside is more effective than exercising inside? Go outside!

Green Exercise - which is simply activity in the presence of nature - has been found to benefit emotional wellbeing by improving attention and reducing stress.

Get motivated! Green Exercise may help you become excited about physical activity by offering you a break from your busy life.

Go green. Some evidence suggests that exercise may feel easier when performed outside, and that even being in the presence of the color green while exercising will positively affect your mood.

Tips courtesy of the University of Minnesota’s Center for Spirituality & Healing.
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