

Get Out and Exercise!



Spring has sprung! With nicer weather upon us it's time to take your fitness routine outdoors. Daylight savings begins on March 10 giving you extra light for those early evening workouts. Setting the clocks ahead might mess up your sleep schedule for a few days but think about the perks of having eight months of extra sunlight.

Longer days and warmer temperatures should be enough incentive to play outside. Break up the boredom of your indoor routine and take to the streets. Ditch the treadmill for a sprint outdoors where you'll breathe fresh air and enjoy nature. Unwind after a long work day with a brisk walk around the block. There's also the positive social aspect of seeing your neighbors out and about after months of hibernation.

Think beyond your neighborhood and spend a weekend exploring your local green spaces. Traverse the trails of North Chagrin Reservation or bike your way through Cuyahoga Valley National Park. Either way, your muscles and joints will be more conditioned as a result of the varied terrain. You'll not only be better able to adapt more readily to changes in the terrain but also to shifts in elevation.

There are also many psychological benefits to exercising outdoors such as improved energy and decreased stress. Moving outdoors has been shown to reduce anxiety and improve mood. Equally important is the exposure to sunlight resulting in increased vitamin D production for bone health. Lastly, the outdoor environment provides a low-cost option if you don't want to pay for a gym membership.

Think green and take your workout outdoors! Not only will you improve your strength and stamina but you'll also feel happier. I'll see you out there!

Yours in Health,
Michelle Beers
Certified Health Coach and Health and Wellness Writer

March 2019



HEALTH BENEFITS

NATURE IS THE BEST NURTURE
MANY STUDIES SHOW SIGNIFICANT HEALTH GAINS FOR THOSE IN CONTACT WITH NATURE

 REDUCED ANXIETY & DEPRESSION	 DECREASED STRESS	 INCREASED ENERGY	 INCREASED IMMUNITY
 50% LOWER RISK OF DIABETES	 INCREASED VITAMIN D PRODUCTION	 INCREASED WEIGHT LOSS & FITNESS	 REDUCED SYMPTOMS OF A.D.D.

★ 50% LOWER RISK OF HEART ATTACK ★ 30% LOWER RISK OF COLON CANCER ★