



MAY 2016

GET FIT - STAY FIT

Benefits of Exercising Outdoors

Although exercising inside is effective, exercising outdoors can provide these extra advantages:

- Decrease in the effects of seasonal affective disorder, especially during the winter months, & increase happiness
- Exert more energy & increase caloric burn due to varying weather conditions and terrain obstacles
- Increases your energy, Vitamin D intake, and improves your mental health and mood



Examples of Outdoor Exercise Activities:

- Running
- Soccer
- Walking
- Basketball
- Hiking
- Softball/Baseball
- Cycling
- Field Hockey
- Swimming
- Yoga

*FUN FACT:

Our U.S. Surgeon General VADM Murthy just signed a prescription to spend time outdoors at the 1st annual National Park Rx Day at Meridian Park in Washington DC on April 24th, 2016

To view upcoming PHS Athletics events, visit: <https://dcp.psc.gov/osg/phsa/>

To view the Get Fit Stay Fit website, visit: https://dcp.psc.gov/osg/JOAG/resources_getstayfit.aspx

To view sources, visit the following:

1. “Benefits of Exercising Outdoors.” Web 10 MAR 2016. <https://www.unh.edu/healthyunh/blog/2013/07/benefits-exercising-outdoors>
2. “Benefits to Exercising Outdoors (Even) When It’s Cold.” Web 10 MAR 2016. <http://www.isagenixhealth.net/benefits-exercising-outdoors-even-cold/>

DISCLAIMER-

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose or treat any medical condition, or to replace your healthcare professional.