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6 Reasons to Ditch the Gym and Exercise Outside



Are you sick of the gym? Are you in need of a change to your workout routine? If so, why not take your fitness outside? Here are six reasons why you should ditch the gym and exercise outside.

1. It feels less routine than working out in the same environment every day. Unpredictability is essential for the human spirit. When you exercise outside, every day the environment is a little bit different. Even if you work out at the same park, chances are the weather and surroundings will never be quite the same as they were the day before.

2. You breathe better air outside. There is no doubt that fresh air outside is superior to the recycled air you breathe inside of a building. Fresh air will even give you more energy. Just 20 minutes of working out outside is equivalent to drinking one cup of coffee in terms of its energy-boosting effects.

3. You'll burn more calories. You are pretty limited on the treadmill or elliptical. Sure you can adjust the incline, but nothing beats the complex terrain of the outdoors. Working out outside promotes "muscle confusion," which can help your body burn more calories.

While outside, you will probably also work out longer than you would indoors at a gym because indoors you're probably constantly checking how much time you have left. It's easy to get a lack of time and exercise longer when you're working out in a beautiful environment like a park.

4. It's good to disconnect and be in nature. We spend essentially most of our days indoors using technology for work-related or personal reasons. It's way too easy for some to spend days or weeks at a time barely going outside. It's always a good thing to stop and disconnect from virtual worlds in order to step outside and soak up the benefits of the outdoors. Working out outside can help reduce stress. Being outdoors in an environment like a park is a great way to get your mind and body back to normal and

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NOTE: Some sentiments contained within "What We're Reading" articles may not strictly conform with Simple Again's nutritional outlook. We read articles containing opposing information all the time and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help make the world of nutrition "Simple Again" for you.

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5. It promotes higher vitamin D levels. Vitamin D, also known as the “sunshine vitamin” has recently been proven to affect everything from cancer development to mental health. Many Americans are not getting sufficient vitamin D from spending too much time indoors. Overweight people are almost twice as likely to not get enough vitamin D. The more you absorb vitamin D through your skin from outside, the better your body is able to absorb it.

6. It just makes you feel good. Scottish researchers discovered that working out outside has a 50 percent greater positive effect on mental health than just going to the gym. Outdoor exercise is linked to stress reduction, a decrease in feelings of tension and anger, and less symptoms of depression.

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