



## **The benefits of exercising outdoors**

At FitChick we are big, big advocates of outdoor exercise. Here are a few reasons why:

- Exercising outdoors may actually burn more calories as it requires us to overcome gravity, ground reaction forces and other environmental factors such as wind, heat and cold, as well as changes in terrain. Therefore, our bodies are required to use more muscles than in comparable gym-based exercises and as a result more calories are used up. Great if weight control or fat loss is a concern!
- Once you get used to exercising outdoors, you lose the reliance on something external like a gym or health club in order to exercise. How many times have you said "I've been away so I haven't been able to exercise". Getting used to outdoor exercise means you can stick to your routine anywhere, even when you're away on holiday and you're more likely to keep up your normal routine.
- The vitamin D gained from natural sunlight, plus the fresh air and freedom of movement, are so much more preferable to the strip lights and air conditioning of the gym any day. Did you know that some of the 'top' health clubs are now charging us to visit 'oxygen rooms', when we can have all the oxygen we want just by stepping outside?
- Did you know that much of the equipment in our gyms actually contributes to postural distortion, inflexibility and muscle weakness! Fixed weight exercise machines don't always mimic how we use of muscle groups together in real life situations leading to imbalances and potential injury. When exercising outdoors you are more likely to focus on "functional" exercises which correspond to how we use our muscles normally. .
- It's so much more fun! There's no getting away from it, gym-based exercise can become dull. Running, rowing or cycling for 20 minutes at a time, as well as repeatedly counting to 15 on resistance machines can lose its appeal.

The Big, beautiful outdoors awaits you!