

All winter long, we do our workouts indoors, either at the gym, the pool or at home. But with mild spring weather beckoning, there’s no longer any need to closet ourselves away. And the really good news is that exercising outdoors is actually better for us! Here’s how:

1. **More positivity.** Let’s face it, exercising outdoors doesn’t feel as much like work as exercising at the gym. Being active outdoors makes us feel revitalized, engaged and energized, so we can let go of anger, anxiety and frustration.
2. **Lower blood pressure.** The peaceful beauty of nature, along with deep breaths of fresh air, have been shown to lower blood pressure.
3. **Longer workouts.** Being in the open air feels so good, we naturally spend more time exercising outdoors than we do indoors.
4. **Stronger immune system.** When we’re in nature, we breathe in aromatic compounds from plants called phytoncides. This increases our white blood cells and supports our immune function.
5. **Less stress and depression.** One study found that people who walked for 90 minutes outdoors were less likely to ruminate on their problems, and experienced less stress and depression.
6. **Cheaper than the gym!** You don’t need to buy a membership to go for a walk in the park or a run along a river pathway. Fresh air and natural beauty are free!

6 reasons why exercise is better outdoors.