4 Reasons to Go Outside for Your Exercise

Exercise is important. There is no denying this fact. Simply put, getting the right amount of physical activity can be the difference between being healthy and having to deal with being sick. Most people put off exercise until tomorrow and that day never seems to come or they find exercise to be a chore.

After a long day of work, it can be difficult to convince yourself to drive to your local gym and workout. You’re busy and tired - the end of the workday should signal a cozy evening relaxing binge watching your favorite TV series.

Reality usually means that you have just as much work at home waiting for you that you just left. You have to make dinner, run errands and do household chores. You’re exhausted thinking about it.

Exercising can help you with your energy levels, your mood and your stress level. So make sure to fit it in your schedule because you might think it is a burden or you don’t have time. The reality is that you need exercise to help you get through all of your daily activities.

There are ways to make exercise enjoyable. Go outside. This could mean so many things. Go for a walk, find a hiking trail or find a fun obstacle course to complete. This obstacle course could be a set of stairs and walking 3 times around the trees down a street. It doesn’t have to be an actual obstacle coruse.

Going outside is a fun alternative to the gym.

Need a little bit more convincing? Below are just a few reasons why you should consider taking your workout outdoors:

**Break the Routine**

Weekdays are usually monotonous. Between going to work and heading to the gym, it can get boring and dull. While there really isn't anything you can do about the monotony in the office, at least not anything short of quitting and looking for a new job, there is something you can do about the way you workout.

Even if you run through the same trail every day, nature offers different scenery every time you go. You truly cannot predict what you would see and hear during your workout. It is fun to see the wildlife around you and what they are up to.

**Better, Fresher Air**

The gym cannot possibly manufacture crisp oxygen for their members. The air has been recycled all day and quite honestly maybe longer if they don’t open their doors to get fresh air in once in a while.

Working out is hard enough, the thought of breathing recycled air might just discourage you from exercising altogether. Give yourself a break and take it outside.

**Take Inspiration from the Sights and Sounds**

Gyms, even the fun ones, can be a little intimidating and sometimes discouraging. Especially when you’re first starting to exercise. If you belong to a gym that has muscular bodies and beautiful people it can be disheartening. Nothing says you’re still quite a bit away from your goal than the sight of people who have already reached theirs.

Outdoors there is no competition. Just you, fresh air, a little bit of sunlight and whatever music you’re listening too.

**Exercising Outside is Encouraging**

The combination of fresh air, sun light and the faces of people enjoying their time outdoors is definitely uplifting. Even if you’re not much of a nature fan, you’ll be surrounded by fun and enjoyment. This attitude can be encouraging and that is all the more reason to at least try to take your workout outdoors once in a while.

Doing your exercise outdoors whenever possible has so many benefits to you. Both for your mind and your body. So make a goal of going out a couple times a week.