Outdoor Vs Indoor Exercise

All exercise is great for the body, but if you’re looking to get the most from your workouts, it helps to know which are more effective to fit your goals.

One of the first choices you need to make when choosing which type of exercise to do, is where are you going to do it? A lot of people prefer to head to the gym, while others prefer to get out in the fresh air.

So, which is better for you – indoor or outdoor exercise? Below we’ll look at the differences of each type to help you decide.

Which provides the biggest health benefits?

When it comes to exercise, any type is better than not exercising at all. However, according to numerous studies, outdoor exercises do tend to provide much bigger benefits.

Take running for example. Various studies have shown that those who run the same distance on a treadmill as those who run outdoors, typically use much less energy. This is down to numerous factors including climate and wind changes outdoors. It’s more difficult to run in varying terrain with wind speed to worry about, than it is to run indoors.

So, if you’re looking to boost your endurance and improve your fitness, running outdoors would be more effective.

There’s also the fact you gain more Vitamin D when exercising outdoors. This essential vitamin is needed to keep the bones strong, it’s great for the skin and it can’t typically be found in many foods, making sunlight the biggest source of this Vitamin D.

In terms of mental health, outdoor exercise also manages to win over indoor varieties. Studies have shown that those exercising outdoors, have lower stress levels, more energy and much higher positive engagement than those who exercise inside.

So, in terms of all-round physical and mental benefits, outdoor exercise does appear to be the clear winner.

Convenience, safety and motivation

While exercising outdoors does have its clear advantages, indoor exercise does have its own unique benefits you won’t get outdoors.

It’s more convenient for one thing, as even if you can’t get to a gym, you can exercise right in the comfort of your own home.

It’s also safer if you head to the gym. You’ll be given lessons by qualified personal trainers, and there will always be someone there to help if anything goes wrong.

Finally, studies have shown those who do head to a gym have higher levels of motivation. However, you could still find additional motivation exercising outside if you find a workout partner.

Overall, there are clear benefits to both working out indoors and outdoors. However, if you want the biggest range of health benefits, exercising outdoors does appear to be the better option.