4 Exercises to Get You Outside

Going to the gym is a great way to get in shape. They have several different pieces of equipment that you can use, plus there are personal trainers that you can get sessions with when you’re there. If you’re using the membership it is worth every penny. When you’re not it is a waste of money.

You don’t have to be in a gym to get the exercise that you need. There are tons of reasons that people don’t go to gyms. Maybe they can’t afford the high cost or it could be they don’t want to be inside to exercise. Many times people that are just starting to exercise again after years of being inactive don’t want to work out in front of others. They are embarrassed.

The gym isn’t for everyone and that is okay because there are other ways to get that exercise you need. One is as simple as going outside it is cheaper, just as effective and fun.

Not sure what types of exercises to do when you get out there? Below are a few things you can do to get fresh air and your work out done:

1.Hiking

Hiking is the perfect way to get in touch with nature while you’re getting exercise. Choosing to hike a nearby hill during your day off is a better means of de-stressing and taking a breather from all your responsibilities than chilling on the couch watching TV. It will make you feel better too.

It is also a cheap and fun date idea. Bring your significant other with you and watch the sunset together.

2. Take an Afternoon Stroll Around Your Neighborhood

In this time most people don’t get to walk around and enjoy their own neightborhood. This is a shame. You moved there for a reason, so get outside when you’ve got a half an hour and just walk.

If you’ve got a half an hour to kill one Sunday afternoon, why not take a stroll around your community. You might even discover hidden restaurants or shops you wouldn't otherwise know about.

3. Opt for Swimming Lessons

Swimming is a way to get your body engaged and lean. Plus swimming is a useful skill to learn – that way during the summer you can go to the lake or river when it’s hot outside.

You can find lessons at your local gym or community center.

4. Go For a Bike Ride

Like swimming, riding a bike is something that most people learn at a young age. However, given various circumstance, not everyone learns to ride.

If you are looking for a means to work out, why not finally give it a shot? Instead of going out and purchasing your own bike, borrow it first. That way you’ll save money in case you don’t like it. It’s a fun way to break a sweat.

Maybe you already know how to ride a bike – great. Get on it and start pedaling. You might remember how fun it was to have the breeze in your hair as you pedal around.

There are tons of outdoor activities that you can start doing today. Not everything costs money. Walking and hiking are at the top of that list. Many cities have paths that you can start exploring.