

Fitness for Body and Mind: Outdoor Adventure Boot Camp

The average person spends 90 percent of their time indoors. We recommend you save your indoor workouts for winter and step outside for the wellness benefits that come “naturally” when you exercise outdoors.

June 16, 2009 - [PRLog](#) -- You might want to consider fitness boot camps, held at the crack of dawn at parks and beaches. The natural surroundings provide the adventure as well as a sense of wellness. Here are several benefits of exercising outdoors, no matter what your fitness choice.

Changes in Terrain

The inclines, declines, bumps and ruts of natural terrain (as opposed to flat, man-made surfaces) mean you need to use a greater variety of muscles; running, walking and hiking on grass fields, trails, hills and other obstacles give all musculoskeletal parts a workout. The more muscles used, the more calories expended, and the spurts of intensity also maximize metabolism. Plus outdoor fitness activity tends to be more engaging and mentally stimulating due to the changing surface and scenery.

Vitamin D

Known as the “sunshine vitamin,” vitamin D boosts joint and bone health by helping the body absorb calcium. Vitamin D is one of the only vitamins produced naturally by the body. But in order for the body to produce vitamin D, it has to be exposed to an adequate amount of sunlight. Generally, an hour per week is sufficient, according to [Mayoclinic.com](#). Vitamin D is known to help prevent cancer, bone disease, depression and to ward off diabetes, gum disease and multiple sclerosis. (Source: “Top 10 Medical Breakthroughs of 2007,” Time Magazine.)

Negative Ions

Negative ions are odorless, tasteless, and invisible molecules that we inhale in abundance in certain environments such as in the mountains, on beaches and near waterfalls. Once these negative ions reach the bloodstream, they are believed to produce biochemical reactions that increase levels of the mood chemical serotonin, helping to lift the spirit, relieve stress, boost daytime energy, increase fitness performance and alleviate allergies.

Freedom of Movement

Many exercises don't mimic how we use our muscle groups together in real life situations. This can lead to imbalances and potential injury. But when exercising outdoors, we are more likely to do natural, functional exercises that correspond to how we use our muscles normally.

Fresh Air

Some health clubs are now charging for oxygen rooms, but there is no charge for taking in fresh air or receiving its benefits. Outdoor exercise boosts your immune system – according to [Mayo Clinic](#), studies show that moderate outdoor exercisers get 20 to 30 percent fewer colds than non-exercisers do.

Practical Perks

Working out in the out of doors offers a range of practical conveniences. Little or no equipment is needed and you can work out anytime and just about anywhere (no excuses!). And you can avoid running into irritating people and crowded gyms.

Best Benefit of All

The invigorating and revitalizing effect of watching a sunset, walking along the beach, listening to a river and feeling a fresh breeze on your face .

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About Milwaukee Adventure Boot Camp

Milwaukee Adventure Boot Camp, launched by Catherine Andersen in February 2008, is the first authorized adventure boot camp in Wisconsin. The boot camp approach includes one-hour workouts, usually held in the early morning at local parks – a comprehensive and varied program of fitness instruction, nutrition counseling and motivational training for women of all fitness levels. Coed classes are also available at various times spring through fall.

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