

Top 3 Reasons to Exercise Outdoors this Fall

There are many reasons to get outside this fall, the simplest of which is just to get some fresh air. Staying cooped up inside all day is not what most families want to be doing when the weather is so beautiful, especially now that the kids are back in school. There are a few more reasons to get your family outside to exercise, which include:

Get a free dose of Vitamin D: Spending time in the sun is one of the easiest and best ways to receive the recommended amount of Vitamin D.

Exercise your mind: When you exercise outdoors, your mind becomes aware of the changing terrain and your mind has to focus differently than it would on a flat gym floor.

Boost your self-esteem: New research has shown that just 5 minutes a day outdoors can improve mental health and boost your mood. No matter what you decide to do, just get up, get out and get active!

The weather is so nice in the fall – now get out there and enjoy it!