

It's Spring! Try These Outdoor Workouts



The best time of the year to take your fitness regimen outside is in spring when the plants bloom and the days get longer. It will do your body — and your soul — some good to feel the sunshine on your face and the fresh air in your lungs. Here are great workouts to do al fresco:



Walking, Jogging, or Hiking

Walking, jogging, and hiking are great forms of cardio. Done regularly, you'll likely enjoy ample health benefits like lowered blood pressure, cholesterol, and resting heart rate. If you have a park or woods nearby, spending time in nature can improve cardiovascular health and balance as well as reduce anxiety and depression.



Cycle Around

Bicycling is not only a fun spring exercise, it has huge health benefits as well. You get the benefits of strengthened bones, increased muscle strength and flexibility, better endurance, and improved posture and coordination. Enjoy the meditative benefits of cycling alone or enjoy the social benefits of cycling with friends or with a club.



Outdoor Yoga

Take your yoga outdoors and enjoy the fresh air and sunshine as you do your favorite poses and breathing exercises. Yoga is great for improving flexibility, reducing stress, and building strong muscles. And, for those with arthritis or joint pain, yoga is low-impact. You can customize your stretches to match your needs.



Go to the Playground

One way to get creative with your workouts is to take a lesson from your kids and get out on the playground! For a total body workout, you can start by warming up with some jumping jacks. Use a bench to perform alternating step ups or elevated push-ups or tri-cep dips. A low bar on the monkey bars is perfect for inverted body rows, and a high bar is great for hanging knee tucks. There are tons of playground workout variations you can use to burn calories and build muscle.

Of course, give first priority to kids and families when the playground is busy.

