

Celebrate Earth Month and Go For The Green!

Green your exercise program and discover all kinds of health benefits. What is green exercise? Green exercise is essentially exercising in the presence of nature. Spending time outside in parks and other green spaces boosts our overall health. Check out the following benefits!

- **INCREASED FITNESS LEVEL**—Individuals tend to work harder outdoors navigating uneven terrain, hills and headwind. Simple movements like stepping off a curb, skirting a pothole and passing on a grassy shoulder can improve balance and agility. The same goes for cycling; wind, bumps and turns all use different muscles and additional energy. And once outside, there is a tendency to exercise for longer as compared to indoor workouts.
- **INCREASED ALERTNESS**—Did you know that 20 minutes outside is as effective as a cup of coffee for feeling energized. So instead of that second cup of coffee, reach for your walking shoes and get outside for an energy boost!
- **INCREASED FOCUS, STIMULI AND BRAIN FUNCTION**—Outdoor exercise requires us to make decisions such as what direction to take, whether to cross a street and how to avoid obstacles. We are constantly observing and engaging with the environment.
- **IMPROVED EYESIGHT**—A spike in vision problems has been blamed on screen time and time spent indoors. When outdoors we use different eye muscles to focus on distant objects and we relax the muscles used for up-close vision. Studies conducted in China and Taiwan found that incidence of myopia decreased in school children when they had more outdoor playtime.

Sources:

<http://www.sciencedaily.com/releases/2010/05/100502080414.htm>

<http://www.nature.com/news/the-myopia-boom-1.17120>

<http://www.telegraph.co.uk/news/science/science-news/7803320/20-minutes-outdoors-as-good-as-cup-of-coffee.html>

How can you increase your green exercise time?

- Walk, run or cycle in a park or on a tree-lined street.
- Play outside with your children and pets. Throw a ball, hike or play in the park.
- Perform a stretching routine on your deck, patio or balcony.
- Bring nature inside. If you must exercise indoors, do it by a window and enjoy the view!

Share your green exercise strategies on social media at **#TriFitGreenExercise**



April is Cancer Awareness Month

Did you know that one-third of all cancers can be prevented by eating well, being active and maintaining a healthy body weight? For more information on managing your risk, go to www.cancer.ca.



trifit

health. energy. performance.

trifit.com