

# Outdoor Exercise for Beginners



Regular exercise can boost your mood and reduce your risk of chronic disease. As the weather starts to warm up, it's the perfect time to take your exercise regimen out of the gym and soak up some vitamin D. Working out in green spaces may not only make your workout more enjoyable but also help you relax and feel more socially connected.

## Common Outdoor Workouts

In addition to recreational sports, such as basketball, golf and tennis, here are some exercises you can do outdoors without any special equipment:



Cycling



High-intensity interval training (HIIT)



Hiking



Roller skating



Strength training



Swimming



Trail running



Walking



Yoga

## Exercise Safety Tips

Before heading outdoors, set yourself up for a successful and safe workout with these tips:

Check the weather forecast to ensure outdoor conditions are safe, avoiding extreme heat and severe weather.

Avoid exercising during the hottest part of the day, typically between 10 a.m. and 4 p.m.

Wear lightweight, loose-fitting clothes to keep you cool and reflective clothing to stay safe and visible around dawn and dusk.

Bring a water bottle and take regular sips to stay hydrated—whether you're thirsty or not.

Apply a broad-spectrum sunscreen with an SPF of 30 or higher and reapply every two hours.

Use insect repellent to ward off mosquitoes, ticks and other bugs.

Do warm-up exercises (e.g., light jogging, stretches or jumping jacks) to get your blood flowing and reduce your risk of injury.

Inform a trusted friend or family member about your plans and when they can expect you back if you're exercising alone.

Bring your phone with a fully charged battery so you can call for assistance if you get lost, feel unwell or get injured.

Carry some form of identification and emergency contact information in case of an accident or medical emergency.

Avoid blasting music or podcasts on your earphones so you hear oncoming cars, people and other potential hazards.

Pay attention to how you're feeling and stop if you start to feel dizzy, lightheaded or nauseous.

Always speak with your health care provider before beginning a new exercise program.