

Delta Gamma Well Aware

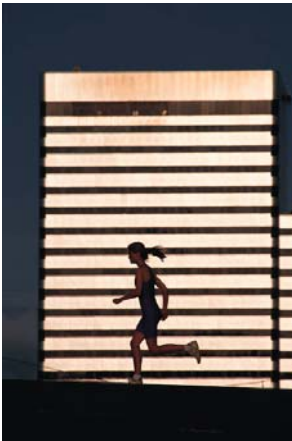
Encompasses eight dimensions: Social, Spiritual, Physical, Emotional, Vocational, Intellectual, Financial and Leadership Development

Summer Exercise Series #6 – Fresh Air Fitness



Do you ever tire of the same old workout routine and wish you could make an invigorating change? Join the growing number of outdoor exercise enthusiasts and find out what all of the excitement is about!

What is Fresh Air Fitness?



- A typical hour long outdoor fitness class (taking place rain or shine) may consist of jogging along a foot trail, beach or park, with multiple stops to utilize rocks, trees, logs and other naturally occurring terrain to work all of the major muscle groups.
- Upper-body work with resistance bands, abdominal workouts, lunges, pushups and yoga-based postures might also be done throughout the class.
- In a recent survey by the IDEA Health and Fitness Association, 35% of gym and 26% of personal trainers now offer outdoor classes and activities.
- Other activities include surfing, Nordic walking, outdoor track cycling, adventure racing, hiking, kayaking, rock climbing and more.
- Ask your local gym or personal trainer if they hold outdoor fitness classes.

Why participate in Fresh Air Fitness?



- Fresh air and natural light are much healthier than poor ventilation and harsh fluorescent lighting.
- Open air adventures take the same amount of time as typical gym visits, so precious free time is never affected.
- Outdoor workouts are not only a change of scenery, but they engage both your brain and body in stimulating mental and physical challenges. Participants must adjust to different terrains, honing balance, agility, coordination and strength, all the while improving the mind-body connection.
- Negative ions, abundant in nature, have a positive effect on people's moods by increasing serotonin levels in the brain.
- On colder days, the body burns 32% more calories and 12% more fat – an effect the gym will never have.

Cost of Fresh Air Fitness?



- Generally, one session of an outdoor fitness class costs about \$20 - \$25.
- Compared to the cost of a personal training session (\$65 - \$90+ per session), outdoor fitness classes are an affordable and reasonably priced option.
- Equipment includes appropriate athletic shoes, breathable attire and rain gear for inclement weather. And as always, sunscreen is a must when spending time outdoors.

Wellness Resources

This information is a summary from the following resources:

Health, June 2005

IDEA Health & Fitness Association, www.ideafit.com

Outdoor Action Fitness, www.outdoorfitness.com

American Council on Exercise, www.acefitness.org

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