

# HealthNews

## Outdoor Fitness



Studies have shown that regular physical activity is a benefit to our health. Fortunately you do not have to work out at a gym to get in shape. Participating in an outdoor fitness activity can be just as effective, more fun, and has many other benefits, including:

- **Better Mood.** Outdoor physical activity is linked to lower stress levels and decreased levels of mental illness. Research has also shown that as little as five minutes of outdoor exercise can improve self-esteem
- **Increased Vitamin D Levels.** This vitamin helps to protect against depression, osteoporosis, cancer, and heart disease.
- **Improved Concentration.** Focus tends to improve after being outdoors, especially with children, so fitting in outdoor physical activity can help you get more work done.
- **Increased Calorie Burn.** The variation in outdoor conditions, such as hills, wind, winding paths or sand on the beach, can give your body a better workout than indoors.
- **Lower Cost.** The outdoor environment provides a low-cost solution for those who enjoy exercising but don't want to pay for expensive gym fees.



### HIGHLIGHTS

Guidelines for  
Outdoor Exercise



### RECIPES

Seared Salmon with  
Avocado Salsa Verde



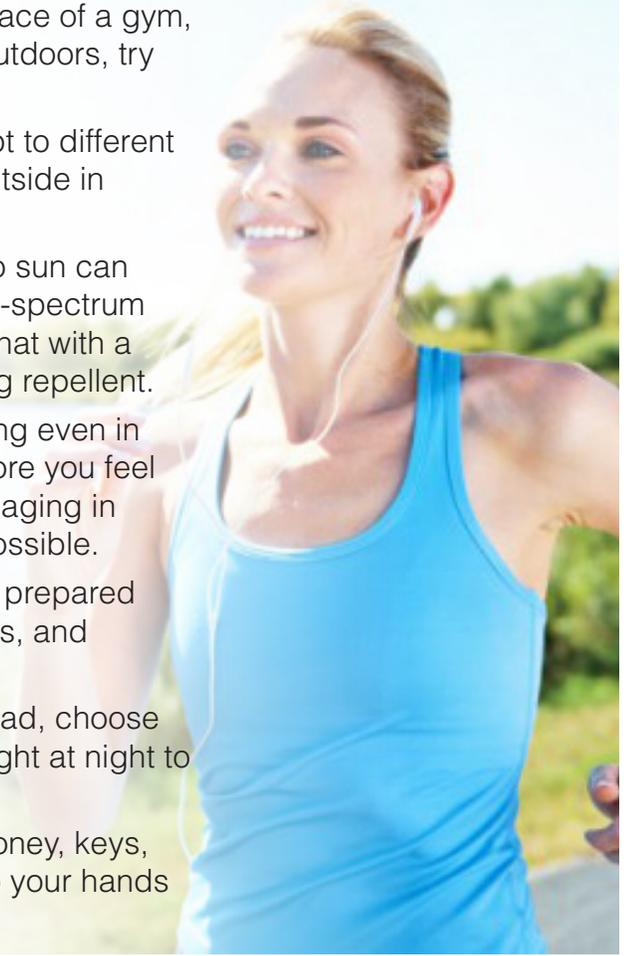
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## Guidelines for Outdoor Exercise

Exercising outdoors can be a nice change from the confined space of a gym, but it also exposes you to different hazards. When exercising outdoors, try following these simple guidelines:

- **Avoid Extreme Temperatures.** Your body is able to adapt to different temperatures, but it is a good idea to avoid exercising outside in extreme heat or cold.
- **Use Sunscreen & Bug Repellent.** Too much exposure to sun can increase your risk for skin cancer. Be sure to use a broad-spectrum sunscreen with a minimum of SPF 15. Sunglasses and a hat with a brim are also recommended. If in a woody area, use bug repellent.
- **Drink Enough Water.** You can lose water through sweating even in cooler weather, and you may start to get dehydrated before you feel thirsty. Drink 8-10 ounces of water 30 minutes before engaging in outdoor exercise and bring additional water with you if possible.
- **Wear the Appropriate Gear.** Make sure you are properly prepared for your outdoor activity with items such as the right shoes, and waterproof, breathable clothing material.
- **Stay Visible to Drivers.** When exercising near or on a road, choose light-colored clothes, preferably reflective or use a flashlight at night to be seen.
- **Don't Bring Valuables With You.** Put any emergency money, keys, identification and cell phone in a pocket or small pack so your hands are free.



## Seared Salmon with Avocado Salsa Verde



### Ingredients

- 15 oz. prepared salsa verde
- 1/4 c. freshly chopped cilantro
- 2 tbsp. chopped red onion
- 2 avocados, diced
- 4 salmon pieces (about 2 lb.)
- kosher salt
- freshly ground black pepper
- 1 tbsp. extra-virgin olive oil
- 2 limes, cut in half

Level: Easy

Yields: 4 servings

Source: Delish

[Recipe Link](#)

### Preparation

1. In a small mixing bowl combine salsa verde, cilantro, red onion, and avocados. Mix together and set aside.
2. Preheat a large cast-iron skillet over medium-high heat. Meanwhile, pat salmon dry and season with salt and pepper. Add oil to skillet; when oil is hot but not smoking add salmon skin-side down. Cook salmon 4 to 5 minutes per side. Repeat steps for remaining salmon.
3. Serve salmon with a large spoonful of avocado salsa verde and a squeeze of lime.



## Tell Us Your Story!

Do you have a success story you would like to share?

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By sharing your story, you enter to win a free Fitbit Flex 2.

A new winner will be chosen and awarded a prize every quarter in 2018.



## Fun Outdoor Fitness Ideas

Outdoor exercise can be as simple as taking a walk or run, swimming, biking, or even gardening but there is so much more to do outside. Here are some other fun summer activities:

- **Stand-Up Paddle Boarding** - Paddle boarding is a tough workout requiring balance, as well as upper-body and core strength. Many parks and beaches offer rentals by the day or by the hour, making it a convenient activity for a large group.
- **Yoga in the Park** - Yoga works the full body fostering balance and core strength and flexibility. Research area parks that may host a weekly outdoor yoga session.
- **Park Strength Training** - Parks are the perfect place to do body weight strength training. Some offer a course for you to use, but with a park bench you can easily do step-ups, rear elevated lunges, tricep dips, elevated push-ups, lateral step-up with hip abduction and much more!
- **Rowing and Kayaking** - Rowing and kayaking make for challenging cardiovascular workouts. Rowing and kayaking work the arms, shoulders, back and core muscles.
- **Beach Volleyball** - Is an awesome full body workout that targets and tones the legs, arms, shoulders and abs.
- **Roller Blading** - Roller blading targets the butt muscles (glutes), back of thighs and inner thighs, to firm, tone and tighten, all the while burning a mass of calories.

## Signs of Heat Exhaustion

During hot-weather exercise, watch for signs and symptoms of heat-related illness. If you ignore these symptoms, your condition can worsen, resulting in a medical emergency. Signs and symptoms may include:

- Muscle cramps
- Nausea or vomiting
- Weakness
- Fatigue
- Headache
- Excessive sweating
- Dizziness or lightheadedness
- Confusion
- Irritability
- Low blood pressure
- Increased heart rate
- Visual problems

If you develop any of these symptoms, you must lower your body temperature and get hydrated right away. Stop exercising immediately and get out of the heat. If possible, have someone stay with you who can help monitor your condition.