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Green Exercise: The Wonder Therapy for Health and Wellbeing

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Abstract

Every one of us knows that physical activity has many health benefits. It is also well known that contact with nature has positive effects on physical and mental health as well. Green exercise combines both, physical activity and the exposure to nature, this combination have positive effects on health and wellbeing. The purpose of the present paper was to review and introduce the existing data about green exercise and its positive effects on health and wellbeing. Potentially related data from different web sources were narratively reviewed and retrieved to gain the appropriate knowledge about green exercise as a modern effective therapy method. I conclude that green exercise as therapy method has important health consequences.

Keywords: go green; health; nature; benefits; outdoor activities; children

Introduction

The positive effect of forests, parks and seaside, on human health has been known since the Industrial Revolution of the 19th century. Because of the pollution and the overcrowding of cities, green exercise became a form of escapism. Nature and green environments contribute to an enhanced level of physical and mental health. The growing evidence in the past decade has shown that green exercise, can lead to many health benefits [1].

Purpose of the Current Article

The purpose of the present paper was to review and introduce the existing data about green exercise and its potential physical and mental health benefits.

Materials and Methods

To obtain the desired data for this article, several electronic data sources were searched. After reviewing the related data, some useful outcomes were extracted and checked. Search results are reported / described narratively [2].

Search Results

Definitions of Green Exercise

Green exercise refers to any physical exercise undertaken in natural environments. Also, It means, any physical activity which takes place outdoors, in areas as diverse as urban

green corridors, through to large rural countryside settings [3]. It includes activities as varied as gardening, cycling and walking, horse riding, kite flying, and conservation projects.

The Evidence of Green Exercise

Many studies findings on green exercise confirm the advantages of exercising in healthy, natural environments go beyond the benefits of exercising in synthetic indoor locations. Green exercise delivers physical, mental, social and even spiritual rewards and has positive effects on health and wellbeing. Being active in nature has many advantages compared with doing the same activity inside [4].

Benefits of Green Exercise

Physical And Mental Benefits of Green Exercise

There are countless benefits to working out in the nature. Green exercise can improve both physical and mental health.

Improving Strength and Agility

Exercising outdoors contributes to the development of dynamic strength. It's one of the consequences of dealing with variable terrain and other factors, such as wind, that we usually find outdoors [5].

Improving Heart Health

Researchers found that those individuals who were exposed to the forest instead of city had lower blood pressure, along with slower heart rates and less sympathetic nervous system activity.

Improving Mental Health

Green exercise can improve self-esteem and mood, as well as reducing anxiety disorders and depression. Exposure to nature through the green exercise also serves to promote and stimulate mental acuity, enhancing creativity and the ability to problem solve.

Improving Skin Health

Green exercise augments blood flow and improves cells ability to regenerate and fix themselves. Also, exercising in the natural environment is the key in delaying the signs of aging due to oxidative stress, both on the interior and exterior of the body.

Reducing Stress

Combining nature and exercise is a great way to alleviate stress. Exercising in the natural environment has also been proven to reduce stress and increase wellbeing. All in all, green exercise benefits the whole body by bringing joy and better mood.

Improving Mental Focus and Commitment to Exercise

Exercising in the natural landscapes simply provide us with more interesting things to view. The visual distraction decreases our rate of perceived exertion allowing us to train harder and for longer periods of time.

Increasing Vitamin D Intake

Vitamin D is needed for strong bones, muscles and overall health. It boosts the immune system, helps fight depression, promotes bone growth and prevents osteoporosis. Exercising outside in the sunshine is a Great way to increase the vitamin D intake.

Increasing Motivation

Green exercise may help motivation to undertake physical activity by increasing enjoyment and escapism from everyday life [6].

Saving Money

Green exercise provides a low-cost and flexible solution to people who want to avoid the trouble of going to a gym. Exercising in the woods is a much cheaper than going to

Gym. So, green exercise is good for your wallet.

Helping With Insomnia

When we exercise outdoors, we will able to get fresh air which helps to alleviate insomnia. Regular exercise and fresh air will help to improve the quality of sleep.

Green Exercise is Easy

In general, exercise may feel easier when performed in the natural environment. When allowed to self-select walking speed, participants tend actually to walk faster outdoors, compared to indoors.

Social Benefits of Green Exercise

Public use of the natural environment is while exercising linked to wider social health and well-being benefits. As more people connect with local green places and get involved in their care, communities become stronger, more inclusive and more sustainable. Training outside create real opportunities to meet new people, especially people who live nearby. Add to that, it is good chance to spend quality time with the family.

Benefits of Green Exercise Activities for Children

The benefits of outdoor activities for children are nearly endless, and there's no better way for children to burn off some energy than by exploring the great outdoors. In addition, exposure to outdoor surrounding greenness is associated with a beneficial impact on cognitive development in schoolchildren.

Examples (Forms) of Green Exercise

Green exercise includes diverse outdoor activities like (Walking, Running, Outdoor Gym, Cycling, Swimming, Forest bathing, Outdoor Yoga, Outdoor Qi-gong, Hiking, Mountain biking, exercising with dog, Walk with doc, Walking with family or friends, Outdoor Basketball, Fishing, Hunting, Horseback riding, Rock climbing, Skiing, Surfing). Green exercise may be performed alone or in a group, with the aim of enhancing well-being, or combined with other aims such as leisure, social contact, health promotion or environmental education.

Conclusion

Green exercises aim to make you freer, lighter, stronger and more energetic. It may Strength your Immunity, decrease your stress and its accompanying symptoms, reduce internal tension and are not only able to improve your health, but also to increase your potential. Add to that, Green exercise is often completely free of charge [7].

Recommendations

1. Exercising outside in a green environment has many health benefits, so you should try to make it as a major part of your daily Routine.
2. Check the forecast before heading outside.
3. Be sure to wear appropriate clothing for the weather when you exercise outside.
4. Drink plenty of Water
5. Wear Clothes That Breathe.
6. Don't forget your Cell Phone.
7. Save the Nature.
8. Spend time in your garden if you have one
9. Be proud of yourself.
10. Enjoy your time and be Happy.

Future Research

Future research still needed to investigate the impact of Green exercise on quality of life and other health aspects.

Conflict of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

Disclaimer

This information is not meant to replace the advice of a medical professional and should not be interpreted as a clinical practice guideline.

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