



UNIVERSITY OF DELAWARE

**EMPLOYEE HEALTH  
& WELLBEING**

## Go Outside!

It's time to make the most out of these sunny, warm days! [Outdoor exercise, also known as "green exercise,"](#) incorporates two health-enhancing activities: moving the body and getting outdoors. Time spent outside in the sun is an excellent way to get a dose of vitamin D while staying active. No matter what physical activity you choose or your current fitness level, getting outside has numerous health benefits. Choose something you enjoy and take it outside on the nicest days! Check out the [April Wellbeing Calendar](#) or [The Active April Calendar](#) for fun, engaging ideas to stay active!



The benefits of outdoor fitness are endless! Taking your regular workout outside is a natural mood booster that also challenges your body. You may find that you push yourself harder and work out longer just because you're enjoying the fresh air. For more outdoor fitness benefits, check out Employee Health and Wellbeing's [Going-Green Outdoor Fitness Blog](#).

### **Making the Transition to Outdoor Fitness:**

Maybe you've been less active than you'd like over the winter, or maybe you're shifting activities from indoors to outdoors. Take a moment to properly [warm up with stretches](#) and adjust to the outdoor environment when starting something new or making a change to ensure your safety.

### **Inhale the fresh scents of spring and exhale your worries by participating in these nearby outdoor fitness activities:**

#### **Couch to 5k:**

Have you ever wanted to run a 5k, but are not sure how to start? Employee Health and Wellbeing's [Couch to 5k program](#) has a place for you! From April 12-June 8, runners can follow the "[C25k 5k Trainer](#)" app to monitor their running progress while also being guided and supported through accountability from other colleagues.

#### **Take a Hike:**

If running isn't your thing and you prefer walking, check out some nearby parks with nature trails for a change of scenery. Nearby parks such as [Delaware State Parks](#), [Maryland State Parks](#), and [Pennsylvania State Parks](#) are great for both leisure activities and strength and cardio training. Check out the [Take a Hike UD Team's Channel](#) to connect with other avid hikers!

#### **Biking:**



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Whether you are a beginner, or you've spent countless hours on a stationary bike, now's your chance to take what you've gained and move it outdoors. Whether you bike in your neighborhood, go to a park or try mountain biking, cycling gets your heart pumping and builds muscle. If you are looking to join a bicycle group, White Clay Creek State park in Delaware has a great [bicycle club](#)! To track and monitor your ride, check out [Best cycling apps: iPhone and Android tools for cyclists](#)!

#### **Yoga Fun:**

Yoga is also a great practice that brings mindfulness and a sense of calm to your busy life. Employee Health and Wellbeing offers a variety of weekly yoga classes, such as ["Yoga," "Yoga Break," and "Stretch and Meditation"](#) classes, you can reflect, de-stress, stretch, and unwind after a long day at work. Also, check out the numerous virtual and in-person [yoga therapy events](#) being offered in the Delaware region on Eventbrite.

Have you heard of **goat yoga**? According to [GoatYoga.net](#), there are many mental benefits of practicing yoga with goats nearby, as the animals are known to lift your spirit, lessen any feelings of sadness or grief, and enhance communication. Check out [GoatJoy](#) in Harbeson, DE to get your goat yoga on!

#### **Adult Sport Leagues:**

When your normal routine mainly consists of "adulting" tasks, taking a break to do an activity as fun and carefree as sports can be a huge stress reliever. It is also an effective way to meet new people and make new friends, while getting in some exercise. Search for ["adult sport team leagues near me"](#) to find the perfect fit for you!

Whatever outdoor activity you choose, it is important to carefully assess your outdoor space to find a safe environment. Also, checking the weather forecast before venturing outdoors will help you determine what essential gear, such as sunscreen, a hat, warm clothing, or rain gear, is needed. And most importantly, have fun and enjoy the great outdoors!