

Outdoor workouts – Tips

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If you enjoy the outdoors then use the time spent outdoors to your benefit by burning some calories as well. Do some simple exercises or just play some sport.

Your workout

The moves

It doesn't matter if you're running or walking or doing any other type of exercise, the important thing is that we move consistently. The body doesn't care how we move - just that we move.

Make a list of ways that you like to "move." This list might include dancing, stepping, swimming, water aerobics, outdoor sport, gardening etc for cardio vascular fitness.

Set your Heart Rate

The objective is to move at a pace that gets your heart rate up enough where your body needs to breathe deeply but not to the extent where you cannot have a conversation with someone while you're exercising. We want to be breathing heavily but not to the point of pain. This is considered your 'Fat burning zone'.

Select the place

Make a list of places you can exercise that are cool enough for you. These may include shady areas, your house garden, the mall or in a pool. Get up with the morning lark and go out door to do your exercises and take advantage of the cool morning times. Outdoor exercises can be done even late in the evenings.

What you should do

Drink plenty of fluids. It's extremely important to stay hydrated. If you're thirsty then you are already dehydrated; drink before you feel a need to. Be sure to drink throughout the day (stick to non-caffeinated beverages, preferably water). Also, drink 15-20 minutes before beginning your workout and every 15 minutes throughout the exercise. Replace sodium by drinking an electrolyte solution or a sports drink. Don't forget to drink plenty of liquid when swimming. Just because your body is surrounded by water does not mean that you are well-hydrated.

Eat regularly. The heat can decrease your appetite, but it's important to eat normally. Try to eat small meals 5-6 times per day. Include lots of fruits and vegetables. Aside from being nutritious, fruits also tend to help with hydration. So fruits such as grapes, watermelon are a tasty way to replenish fluids and boost your energy post-workout.

Wear light, loose fitting clothes that can breathe. Cotton is always a good choice. If your outdoor activity produces a lot of perspiration, wear clothing that is designed to remove the sweat away. Deflect sun with white or light colors and a hat.

Start your exercise regimen slowly and gradually. Be cool and calm and take plenty of time to relax in-between.

Wear sunscreen. Even if you exercise early in the morning or late in the evening, if the sun can reach you then you can get burned. Not only is a sunburn bad on the skin and potentially dangerous but it also hinders your body's ability to stay cool.

Cool down with essential oils. Dabbing a few drops of peppermint or eucalyptus oil on the back of your neck and at your temples just before your workout provides a cooling effect and also opens up your nasal passages, so you can breathe a little easier when the air is humid.

What you should not do

Don't try to diet by sweating. Any decrease in the scale would simply be a result of water loss, not fat reduction.

Don't adapt the "no pain, no gain" motto. Ignoring your body's signals could be dangerous. Heat-related illnesses come with warning signs. Be sure to learn how to recognize them and what actions to take.

Avoid physical activity during the hottest part of the day, which usually is between 10 a.m. and 3 p.m.

Avoid extreme changes in temperature. Don't hop from being extremely hot and sweating excessively right into an ice cold, air-conditioned environment. Try to cool your body down slightly before exposing it to the extreme temperature variation.

Your workout

Cardio – 3 times a week. Add a routine for Abs.

If you're a beginner, though, start with less-intense exercises such as walking and work your way up to more challenging activities.

If you've been working out for awhile but not seeing results, kick up your program by working at a faster pace or trying something new.

Options – Walking, Jogging, hiking, swimming, biking, skipping, stair climbing....

Strength Training – 3 times a week.

Try some push ups on the grass for your upper body.

Do planks for your abs

Do squats and lunges for your lower body.

Use the grass for springing, jumping & lying down workouts.

Use the trees to practice handstands and planks against their trunks.