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30 minutes, workout bodyweight no-pym bodyweightwith summer in full swing, is the perfect time to mix the routine by taking your exterior workout. After all, outdoor exercise can improve energy levels and decrease stress to a greater extent than operation inside. Does participation in physical activity in outdoor natural environments has a greater effect on physical and mental well-being with respect to physical activity within physical activity? A systematic review. Thompson Coon J, Boddy K, Stein K. Environmental Science and Environmental Technology, 2011, Feb.; 45 (5): 1520-5851. But if your habitat is more concrete jungle of the bucolic park, don't sweat - there are many advantages to exercise even inside. State-of-the-art elements on Pinterest according to a revision that included over 800 subjects, exercising a multitude of benefits outdoors. Does participation in physical activity in outdoor natural environments has a greater effect on physical and mental well-being with respect to physical activity inside? A systematic review. Thompson Coon J, Boddy K, Stein K. Environmental Science and Environmental Technology, 2011, Feb.; 45 (5): 1520-5851. Participants reported feelings of revitalization, decrease in anger and increased energy. Another study found that the open air has a positive overall effect on vitality, or the sense of enthusiasm, vitality and energy. Finally, simply spending more time outside has proved to prevent obesity increases among children. A perspective examination of the time of children spent outdoors, objectively measured physical activity measured and overweight. Clona V, Crawford D, Baur La. International Journal of ObesitÃ (2005), 2008, October; 32 (11): 1476-5497. And there are other advantages. Vitamin dÃ ¢ â,¬ "One of the soluble fatty vitamins essential for strong bones and a healthy immune system ... can be reached through the exposure to the sun. While many debates exist around the guidelines, some researchers suggest that five to 30 minutes of exposure to the sun between 10:00. And 3:00 pm At least twice a week is enough for the synthesis of vitamin D. Of course, this recommendation is also provided with a warning that you already know: always wear protection Solar and cover whenever possible. Similarly, if you are out, you have to pay attention to time. Both extreme heat that cold can represent a variety of problems. If you are sweating during the summer, it is important to know the symptoms of dehydration and the exhaustion of heat. In winter, the experts recommend you to dress up more layers to stay warm and familiarize with the first signs of frostbite and hypothermia. Follow them Ernive live in â €

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