- Naturopathy

Fitness

FEELING STRONGER, FITTER AND FIRMER AFTER 40 STARTS HERE



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Natural remedy

Should you hit the gym or run in the park? Texas A&M University researchers reviewed the available evidence and found that exercising in nature is more beneficial than indoors. While the reasons aren't entirely clear, studies suggest people may be more motivated to exercise in natural settings, enjoy the social aspect and perceive their exertion to be lower than when they work out inside. The study authors found the effect to be so significant that they're calling for health care professionals to "prescribe" exercising in nature – known as "ParkRx". They also suggest that health professionals engage in outdoor activity themselves because this type of modelling has been shown to effectively promote healthy behaviours. Time to hit the trails!

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