



Babes Outdoor Training

Why we get out and get gorgeous!

Babes trains out in the fresh air because we love it! But there are also many other reasons to getting outside! We've listed the 10 reasons to train outdoors here!

- 1) Working in a gym can often become repetitious and routine, limited by the equipment and space available.

When you train outdoors you can introduce sprints to your runs (whoo hoo!), introducing intervals into your running - more often and for longer periods as you get fitter. Add hills for interest and stamina. Just change your route to change your view.

Children's playgrounds have equipment to do chin ups, step ups, knee lifts, limited only by your energy and imagination so stop by your local playground on your next run.

Exercising outdoors provides limitless opportunities for variety, efficiency and fun.
- 2) Running outdoors provides a variety of terrain to run on and thereby working the body harder and more thoroughly across a wider range of muscles, plus activating the core muscles to maintain balance, using more calories. When you run outside, you work against gravity and have to work harder to push your body up and forward.

Running on soft surfaces such as lawns and sand helps to prevent injuries.
- 3) Exercising outdoors is better for your whole mind and body, soaking up vitamin D, producing endorphins as well as enjoying the invigorating scenery and fresh air, a positively wholistic experience. We sleep in protective, sheltered box, drive to work in a mobile box and work in a box cutting us off from the world - get out and re-connect with the world around you!
- 4) If your life is busy with little time to catch up with friends, make exercise work for you and make your exercise routine social. Go for a run, join an outdoors exercise program together, share a personal trainer, join a tennis club, rowing, take the children to the park and participate, have a swing, a slide, kick a ball.
- 5) Exercise with your family. Take them to the park, kick the ball, chase the dog, play cricket, basketball, frizbee for an hour or so. You could sign up for local events such as marathons. You could find some interesting and challenging bike rides for the week ends. Make exercise part of your family activities for everyone.
- 6) Having goals. Nothing complicated. Just keep track of your improving levels of fitness. At the park, run around the perimeter once, then twice etc. A game of football for half an hour, then an hour. Sprint from one end of the park to the other once, then twice. Race the children, your husband. Use steps, playground equipment and increase the repetitions of each exercise.
- 7) Getting 'me time' can be difficult. We spend a lot of our lives boxed in, both physically and time wise so exercising outdoors is both healthy and liberating. We recommend making it social some of the time by involving friends and family. But why not take the opportunity to be alone some of the time to do it just how and when you want? I get some of my best ideas when I am running in the 'zone' with the wind in my hair.

Think about getting a personal trainer to motivate you and guide you or you can just run. Make it your time. Make it a definite appointment, regularly, non negotiable.
- 8) Getting out into the community gives you the chance to see your area up close. Discover new parks, interesting walks and bike rides, places to kayak, swim, join Babe Squad or Babes Pram-fit to meet other women in your local area to exercise with.
- 9) The benefits of exercising outdoors are many and varied. The big plus is it uses more calories but it is also energizing, provides fresh air after being inside most of the time and is visually pleasing.

You can do it with your family, your friends, your partner, your dog or just on your own. You can meet new people, discover new parts of your neighbourhood, find out about clubs and community.

There is something for absolutely everyone.
- 10) Having fun and being fun is easy when you feel fit and happy. Exercising outdoors contributes both to your level of fitness as well as your feelings of well being.

What other reason do you need to get outside?

For details on all the programs,
please email: info@babesontherun.com.au