

Exercising with nature



Exercising at this time of year always feels a bit easier. The days are longer, and the sun is strong, encouraging us to move away from the sofa and into something a bit more physical! Here's a few easy ways you can combine exercise with the outdoors for your 30 Days Wild adventures.



#30DaysWild

Notice wildlife on a walk

One of the simplest ways to get moving is to go for a walk – it's good for your heart and even better for your mind!

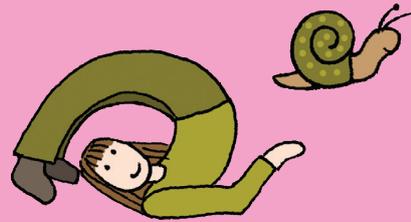
You don't have to walk far, or visit a special place, to notice nature. Look for moss growing on garden walls, 'weeds' poking up through cracks, and urban butterflies and bees.



Yoga

Yoga has so many health and wellbeing benefits and is something that can be adapted for people of all abilities. Make it wild by trying a YouTube yoga lesson in your garden.

If you can't get out, challenge yourself to trying nature inspired poses in your living room such as the 'tree', the 'snail', the 'pigeon', 'mountain pose' and the 'frog'! For more, check out [our yoga activity sheet](#).



Yoga illustrations © Corinne Welch

Go for a wild run

Many Wildlife Trust nature reserves make great running spots. Grab your headphones or let the birds provide your soundtrack, and head out. If you're lucky you may live within walking distance to one of [our top running spots](#).

Always make sure that you follow Government guidance on social distancing, and only visit reserves close by. If you don't have a nature reserve near you, head to a local green space for a jog.

“

Getting outside into nature can be fantastic for your health, both mental and physical; feeling the wind on your face and getting your blood pumping has numerous benefits. To take it one step further you could use your outdoor exercise to help support the environment too.

I often go Plogging, combining my jog with picking up any plastic or waste I see around me (while, of course, keeping good hand hygiene!). Not only does this help the planet, it gives me a greater sense of satisfaction once I've finished!



”

Zanna van Dijk
Fitness blogger



Share your outdoor fitness adventures with us on social media using

#30DaysWild

@WildlifeTrusts

@wildlifetrusts

@thewildlifetrusts