



Exercising outdoors provides surprising benefits

With the end of daylight savings and winter rapidly approaching, many people retreat indoors and stop exercising outside over the cooler months. Research suggests however that exercising outdoors is linked with a variety of benefits and well worth continuing throughout the year.

1. Outside exercise lifts your mood

A 2012 report found that spending time in the outdoors made people [50 percent happier than spending time at the gym](#), according to the Telegraph.

Previous research has linked outdoor exercise with a [reduction in tension, confusion, anger and depression](#), when compared to indoor activity.



Photo by Shutterstock

2. It improves your attention and focus

A small study from the University of Illinois found that kids with ADHD were [able to concentrate better after a 20-minute walk in a park](#). A 2011 survey found that exercising outdoors is a

reinforcing behavior: Outdoor exercisers “declared a [greater intent to repeat the activity](#) at a later date” than gym-goers.

3. It will ramp up your energy

A 2009 study from the University of Rochester found that [just 20 minutes outside](#) can rev you up as much as a cup of coffee!

4. It can improve your vitamin D levels

Taking your workout outside is a great (and free!) way to soak up some additional [vitamin D](#). So don't let the colder weather put you off! Grab a hat, jacket, gloves and a group of friends and enjoy these benefits year round! If you are an activity provider, **consider running a class outside** every so often or **encourage your class participants or group to spend time being active outside** during the week.

Source: <http://nolimitformind.com/6-reasons-start-exercising-outside>



Education, Training and Development

Don't miss these great training opportunities coming up over the new few months. To find out more information or to register click on the links.

[Get Set Go Workshop!](#)

Friday 8th May or Friday 24th July 2015, from 9.45am to 2pm

Get Set Go! is a workshop to help you design a programme or event that suits your community. It is an essential course for organisers of community recreation programmes and events. Learn about:

- Designing programmes to suit your community
- Getting the right venue, equipment and accessibility
- Risk Management
- Managing Volunteers
- Effective evaluations

Cost: \$35 per person for those from voluntary/not for profit organisations, or \$55 for Government agencies. **Space is limited to 15 people per session so be in quick!**

[Recreation in Action conference - partnerships and possibilities](#)

Lincoln Events Centre, 26-27 May 2015

This inspirational professional development opportunity will appeal to front line recreation and sport practitioners who design, co-ordinate and manage programmes and events. And it's right on our doorstep!

This year's theme of [Partnerships and Possibilities](#) will introduce successful collaboration and partnership strategies and case studies with a special focus on partnering with the disability, aquatics and community sector.



Tell us what training and support you need!

We're in the process of planning the 2015-16 Education & Training Programme for community activity providers. We'd love to hear your ideas. [Email us](#) with ideas and feedback before the end of May.

Why not hit the streets and run, walk or have a leisurely stroll with your mum, daughter, sister or a group of girlfriends this Mother's Day?

[The Jennian Fun Run or](#)

[Walk](#) is coming up on

Sunday 10th May, 10.00am at South Hagley Park. It's a fun event and women of all ages and fitness levels.

Heart disease is the single biggest killer of Kiwi women, claiming the lives of over 3,000 women each year.



Did you know that the Christchurch City Library has a variety of excellent books and resources that are very helpful to community activity providers.

Active Canterbury has taken the stress out of searching by compiling a ['Recommended Reading for Activity Providers'](#) list that includes books on a broad range of physical activity topics.

CINCH (Community Information Christchurch)

contains information for around 6,000 organisations, courses and individuals. The [Active Canterbury website](#) uses the CINCH database to power its search function.

If you are a community activity provider consider [adding your details to CINCH](#). That way when people use Active Canterbury or CINCH to look for activities and programmes they are more likely to connect with you. Its free and a great way to promote what you're doing.

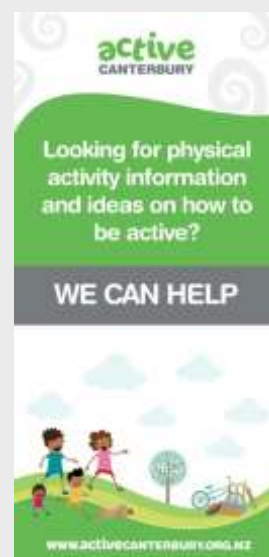
CINCH
COMMUNITY INFORMATION CHRISTCHURCH

The Active Canterbury Network has just produced two new flyers to help promote its services and activities. Both flyers can be ordered FREE through Community & Public Health - [Community Health Information Centre](#).

They are a great resource if you are planning an awareness day, expo or activity where you want to promote the benefits of being active and connect people to local activities.

Active Canterbury also had flags, banners and other promotional available to loan for promotional events

[Contact Nadine](#) for more information.



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We welcome your feedback and comments.