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Many ways to enjoy the great outdoors

Milder weather is here, and we can enjoy exercising more outdoors. There are plenty of choices to improve or maintain your health and fitness level, alone or with friends and family.

If you're sticking close to home, popular activities include just being outside and enjoying the fresh air, throwing a Frisbee, playing catch, flying a kite or even gardening. You can walk or jog, play soccer or ride your bike. And don't forget washing the car – it can be a fun activity, too! Jump rope, play sidewalk chalk games with the kids, badminton in the backyard, or basketball on the driveway.

Not far from home, you may have access to the following: Visit the zoo or the water park, swimming, tennis, golf, baseball, horseback riding, skateboarding or inline skating. Hiking or backpacking is also an enjoyable workout. Perhaps a short drive can take you to scenic trails in parks and meadows or by lakes. Or you may be fortunate to take advantage of hiking near snow-capped mountains, or glaciers. Check out wilderness clubs. Rent a cabin at a resort to hike in beautiful territory elsewhere.

Consider more unique and original ideas like lawn bowling, outdoor volleyball, all-terrain vehicle (ATV) touring, summer skiing on glaciers, or going on a fishing trip. Take canoe or kayaking lessons. How about Nordic walking, where you "ski" with poles on dry land? It's a great upper and lower body workout! Get serious about cycling – perhaps start your own cycling club.

If you're adventurous, try "flight seeing" – take a helicopter or plane trip and have a picnic at your chosen destination. Or try your hand at hang gliding or paragliding. For a real thrill try white water rafting or bungee jumping, mountain or rock climbing (guides and instruction are always available).

Eve Lees has been active in the health & fitness industry since 1979. Now retired, she was a Freelance Health Writer for several publications and gave speaking presentations to business and private groups on various health topics. <https://www.artnews-healthnews.com/health-writing>

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