



Try Green Exercise

Whether it's walking, jogging, cycling or swimming, head outdoors and reap the benefits of going green.

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The physical perks of working out at home or at the gym are endless, but studies have shown that exercise performed outdoors can also boost your mood and self-esteem. Green exercise is any physical activity or exercise that is done in nature. That could mean a park, a backyard garden, a nature trail or any other outdoor space. So whether it's walking, jogging, cycling or swimming, head outdoors and reap the benefits of going green.

Craig Ramsay is a fitness expert, an author and a winner of season 8 of The Amazing Race Canada. Follow him on Instagram at [@craigramsayfit](https://www.instagram.com/craigramsayfit).

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