

W.O.O.D. WORKOUT Workout Opportunities Outdoors Daily



Explore trails: Looking for an outdoor trail but don't know where to start? Try a simple online search for "walking trails near your ZIP code." You just might be surprised by the hidden gems you discover.



Access outdoor fitness equipment: Ever wonder what those contraptions are in your local park? Those are outdoor exercise machines powered by your body weight and movement. No adjustments are necessary, just hop on and get moving!



Powerwalk the hills: Is it hilly in your area? Do you avoid certain routes because of the hills? Try taking the path less traveled! On your next walk, consider powerwalking up a few hills to increase the intensity of your workout.



Beach walking: Want to add a little resistance to your walking routine? Consider beach walking. It's a great way to naturally increase the intensity of your workout while reducing impact.



Dread walking the dog? Take control: make the first half the "dog's walk" for sniffing and bathroom breaks, then pick up the pace for the second half to focus on exercise for both of you.



Explore County Parks: Our County Parks offer a vast array of parks, recreation programs, events, and more. Check out the County Parks website for more information: <https://www.smcgov.org/parks>



Got kids for the day? Then you've got a great excuse to get outside and get moving! Consider outdoor games that not only turn up the fun, but turn the heart rate up, too. Frisbee, tag, hopscotch, red light-green light, jump rope, hula hoops, obstacle courses, and more!



Reconnect with nature: The great outdoors can be a wonderful place to reconnect with yourself. Something as simple as spending time barefoot in the grass or on the ground and establishing a grounding connection with the Earth can help calm the nervous system and reduce stress hormones.

Quick resistance training routine that can be done on the playground while the kiddos are playing

- **Squats, step-ups, push-ups, dips, and more:** A playground offers a wide array of resistance-training opportunities, with built-in options for modification at every turn. Check out this sample playground workout:
 - Assisted squats: Hold onto a bar or railing and sit back into a squat position as if you're reaching for a chair. Using the support of the apparatus can help you squat deeper while maintaining control. **Aim for 3 sets of 12-15 squats.**
- **Step-ups:** Find a step or platform at your desired height. It should be approximately between ankle and knee height. Step up **10-15 times on the same leg**, or alternate legs as if marching. Repeat for **2-3 sets of 10-15 reps per leg.**
- **Elevated push-ups:** No need to get on the ground for these! Simply find a bar or elevated surface at a comfortable height that provides the appropriate level of resistance. Aim for **2-3 sets of 10-12 push-ups.**
 - Bring your hands closer together for diamond push-ups or place them farther apart for wide-grip push-ups.
- **Triceps dips:** Find a bench or platform that you can sit on. Place your hands on the edge of the platform with your fingers pointing forward. Scoot your hips off the bench and slowly lower yourself toward the ground, bending your elbows. Then, press through your hands to push yourself back up. Aim for **2-3 sets of 8-12 reps.**

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