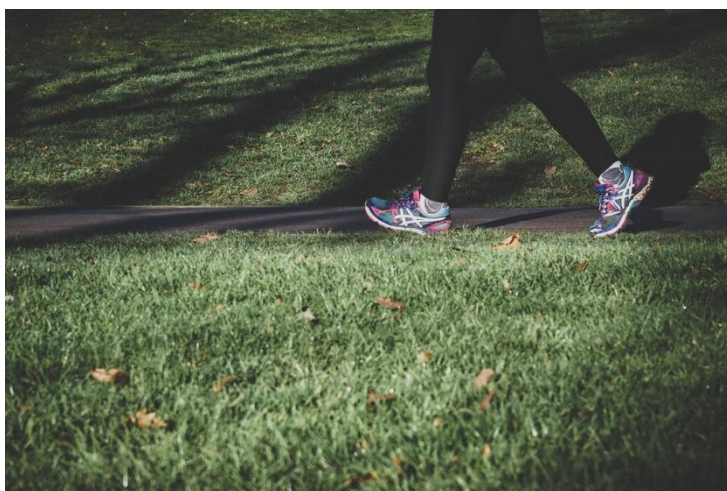


Great Outdoor Workout Ideas to Spring into Summer



It's hard to believe it's already June and summer is just around the corner. The weather has finally warmed up and outdoor workouts are a great option. But where to go and what to do? While the possibilities are endless, it can be hard to know where to start! Below is a list of easy-to-do outdoor workout ideas to rev up your exercise regime.

- **Walking the Dog** – while you're out walking your favourite four-legged friend, why not turn it into a workout for yourself too? Perhaps every 30 secs you pick up the pace to a fast walk or a jog or run, then take it back down to a regular paced walk for 30 secs. Do this for the duration of the walk and your heart (not to mention your dog) will love you!
- **Workouts in the Park** – hit up a park near you and find an open bench or picnic table where you can perform dips, and step-ups as well as modified push-ups and mountain climbers. You can also do squats and walking lunges or sprints from tree to tree. If there's a large open space available, how about a game of tag with the kids?
- **Riding your Bike** – An oldie, but a goodie. If you have a bike kicking around, why not dust it off and take it for a ride? However, if it's been a while, it might be a good idea to take it in for a tune-up first. Cycling is great for your heart and great for your legs!
- **Stair Climbing** – if you can find a set of stairs or bleachers near you, you'll be able to give your body a serious workout. You can do simple stair repeats, where you walk or run up and down the stairs several times at a steady pace. Or perhaps you go for sprints, where you try and get to the top as fast as you can and rest on the way back down. You can also use the steps for some bodyweight training like dips and step-ups, lunges, push-ups, etc.
- **Get the Whole Family Involved** – whether it's going for a walk, a hike, a bike ride, swimming, a play in the park, or basketball in the driveway, getting outside with the whole family is a great way to be active and get some exercise on a sunny day.