



OUTDOOR WORKOUT TIPS & TRICKS



This interactive training will provide research-based information focused on the benefits outdoor exercise. It will also provide resources for optimizing outdoor activity while mitigating potential hazards.

In this handout, you will find space to take notes and resources from the webinar.

1. Exposure to green spaces can decrease risk of chronic _____ by reducing overall _____ on the body.
2. _____ minutes of sunlight can provide the daily recommended amount of vitamin D.
3. Physical activity guidelines recommend at least _____ minutes of moderate-intensity or _____ minutes of vigorous-intensity physical activity per week. Guidelines also recommend at least _____ days of resistance training.
4. What are some types of workouts that you enjoy doing or might enjoy trying?
5. How can you modify intensity in a workout?
 - a. _____
 - b. _____
6. What are 2 ways you can protect your skin from sun and heat exposure?
 - a. _____
 - b. _____
7. Daily workouts and video led workouts are [available online here](#).
8. See the [webinar recordings](#) for more information on the following topics:
 - a. Recharge Tactics: Strategies to Reset, Plug in & Perform Better
 - b. Quick Exercise Breaks
 - c. Unconventional Workout Equipment
 - d. Limited Equipment Workout

Key Takeaways & Notes:

Upcoming Webinar:

Quick Nutrition on the Go to Support Men's Health
Thursday June 25 at [10am to 11am](#) or [12pm to 1pm](#) CST