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Greg's Bushwalking Health Benefits

The benefits of bushwalking

We are blessed with living in an area that boasts many beautiful parks, reserves and bushland corridors. One of my favourite ways to get a high is to jump out of bed, throw on some loose clothing and head out for a brisk bushwalk. And, in the summer months, if you are walking close to one of the waterways, it becomes a bonus if you can take a revitalising dip along the way. By the time I arrive home, I am re-energised and feeling totally refreshed.

For some people, the thought of jumping out of bed before the sun gets up is incomprehensible. If you fall into this category, you can within reason do it anytime, but for the best results, an early morning workout will keep your endorphins engaged for a longer length of time.

Bushwalking is a convenient way to exercise as it gives you improved health and well-being, and being in a bushland environment will top up your green energy by helping the uptake of serotonin - The feel good hormone.

The benefits of bushwalking include;

- Improvement of mood and lower stress levels due to hormones that are released as we exercise.
- It is a relative low impact form of exercise, which means that it's gentler on the joints.
- Bushwalking will raise your cardiovascular fitness, and can assist in lowering blood pressure.
- Improve bone density, therefore reducing the risk of osteoporosis.
- can assist with improving your sleep patterns.
- A fun way in assisting weight loss.
- It energises and revitalises you.
- Bushwalking helps to strengthen your immune system.
- It improves flexibility.
- Enables you to absorb that all important vitamin D from sunshine.
- It creates cross patterning, strengthening the connection between the two sides of the brain.
- Bushwalking can enhance your creativity
- Connects you with the environment allowing you to explore the world that you live in.

Those are just some of the benefits that you will get out of bushwalking, not to mention, you are going to live a lot longer and be able to enjoy a fuller, more-happier life.

A word of caution though, please make sure you get the all clear from a health professional if you suffer from any condition that may affect your ability to exercise safely.

