

Outdoor Workout

Hauora – health is holistic! Working out is great for your body (tinana), your mind (hinengaro) & your spirit (wairua). If you're feeling low, this is a great way to get a lift and start feeling good again. By taking your workout outside, when you start breathing deeply, you will have fresh air to fill your lungs!

1 Pick your equipment

Grass: The ideal soft surface for springing, bounding, jumping, lying down, and pushing up on.

Hills: Sprint and jump up them for extra difficulty.

Trees: Practice handstands and planks against their trunks and hang off their branches.

Rocks: Throw, roll, and swing them. And squat, lunge, run, and jump holding them

Friends: Use their bodyweight to weigh you down with piggybacks or push-ups. Have them resist or assist you in various movements like pull-ups, squats, and core exercises.

Sand: Exercise is extra challenging & fun when done on sand. And it's even better when you can cool off with a swim after.

2 Design the workout

Circuit training is cycling through a handful of exercises that each target different muscle groups, doing each exercise for a set amount of time or number reps before moving to the next.

Once you've found the outdoor workout equipment to use as ingredients, it's time to pick a recipe that combines them into a complete training.

Mix the muscles. When doing an all-body circuit, avoid doing two consecutive exercises that work the same muscles.

Write it down. It can be hard to remember what exercise is next when all your blood's gone from your brain to your muscles.

Example workout:

x 10 Hills sprints (point a – b), x 5 Pull ups on tree branch, x 15 Squats with rocks for added weight, 20 sec handstand against tree (Can you do some handstand shoulder presses?), x 20 Walking lunges, x 10 each side - Rock shotput – Throw rock as far as possible, run to retrieve, repeat with other arm

3 Workout!

Prioritise good form over speed or strength to get stronger and faster and avoid injury setbacks.



TIP > Make sure your technique is right to get the most out of your workout. There are lots of resources online & you might get inspired!

Before you start...

Take a few deep breaths.
Hā ki roto, hā ki waho.
Breathe in. Breathe out.
Close your eyes and with bare feet feel the strength of Papatūānuku beneath you.
Now use this strength and breath in your workout.

Things to think about:

When exercising your body (taha tinana) in te taiao (nature) do you notice positive effects on your feelings and thoughts (taha hinengaro) too?

kua pēhea koe? how do you feel?

do you find it easier to exercise in the morning or at night?

why not challenge your whānau or friends to do it too!

Mauri Tū, Mauri Ora.
An active soul, is a healthy soul.

