

Summer

OUTDOOR ADVENTURE CHALLENGE



This challenge encourages outdoor pursuits & adventure, ensuring you get outside and enjoy a healthy balanced approach to your self-care routine.

Exercising outdoors offers a combination of advantages: the fresh air enhances your workout performance with improved oxygen intake, natural sunlight stimulates essential vitamin D production for bone health, and the outdoor setting reduces stress, boosts mood, and enhances mental clarity, making your workout a refreshing and mentally invigorating experience.



CHALLENGE 1 - NATURE EXPLORATION

Nature exploration offers many benefits, from reducing stress, improving mental health, and enhancing mood to promoting physical activity, creativity, and a strengthened immune system. It fosters a deeper connection to the natural world, mindfulness, and overall well-being.

Options: Try a scenic hike at your local conservation area, a self-guided walking photography tour, mindful nature meditation, a long brisk walk through your neighbourhood, or hop on your bike to enjoy beachside cycling or a trail ride.

Goal: Aim for 30 to 45 minutes, 5 days

CHALLENGE 2 - ADVENTURE AND ADRENALINE

Engaging in adventure and adrenaline-pumping activities can boost motivation, provide full-body engagement, improve cardiovascular fitness, reduce stress, and provide cross-training opportunities. It can also promote mental toughness, social interaction, and emotional well-being, offering a higher caloric burn.

Options: Try challenging outdoor adventure activities such as zip lining, mountain biking, a vigorous hike that tests your limits, rock climbing (with a skilled instructor), trail running, or get out on the water to enjoy kayaking or river rafting. Anything that gets your heart racing and satisfies your inner thrill-seeker is fair game (with safety as the top priority)!

Goal: Aim for 45 to 60 minutes, 3 to 4 days



CHALLENGE 3 - RIVERS AND REFLECTIONS

Spending time on or near water offers many benefits, including stress reduction, physical fitness through swimming and kayaking, improved mental well-being, and enhanced balance and coordination. Being near water can create a serene environment that fosters creativity, improved mental health, and social interaction. Water-based activities offer a gentler, low-impact alternative if you need a more relaxed experience after the previous week's adventure.

Options: Participate in a group kayaking or canoe trip down a calm river or enjoy a long walk or leisurely bike ride by your local river, lake, or ocean. Try cold-plunging with a skilled instructor; this may not seem very relaxing, but conclude it with a meditation session by the water, and you will feel rejuvenated.

Goal: Aim for 35 minutes, 4 days

CHALLENGE 4 - INTO THE WILDERNESS

Being in the wilderness encourages mindfulness and presence, allowing you to fully engage in the moment and heighten your level of awareness. Physical activity and fresh air can improve sleep quality, helping with insomnia and promoting a more restful night, as well as reducing mental fatigue and aiding in cognitive restoration to enhance your clarity and focus.

Options: Arrange an overnight camping adventure, cook a healthy meal over a campfire, enjoy a group hike in a more remote area, take a trip to a provincial or national park you've always wanted to visit, try geocaching, cave rappelling, or learn wilderness survival.

Goal: Strive for two 60-minute adventures or engage in one half-day activity during the week and plan a weekend getaway.

Upon completing the challenge, take some time to contemplate your achievements and the insights gained about yourself and the natural world. Consider how you can integrate regular outdoor experiences into your ongoing fitness regimen.

