

ASK THE NUTE GURU

THE NUTE (NUTRITION) GURU IMPARTS WISDOM ABOUT THE IMPORTANCE OF NATURAL, WHOLE-FOODS NUTRITION FOR MIND/BODY WELLNESS.

Q

Hey Nute Guru, during the spring and summer I love to stay active outside. Running, biking, even just walking! The fresh air and sunshine clear my head and help me relax. However, once the fall chill begins to set in, I feel that I often get stuck doing indoor activities under the glow of florescent lights. How can I keep the sunshine in my life?

A

I'm glad you asked! Once the seasons begin to change, it is important to keep getting outside and enjoying the sunshine. Seasonal Affective Disorder abbreviated isn't SAD without reason! The lack of sunshine and getting stuck indoors can have serious impacts on your health and emotional wellbeing, so here are some tips to keep you outdoors and the Vitamin D flowing!

As the days get cooler and the leaves change color we know that fall is upon us. There are hundreds of reasons to love this season and we say fall is one of the most beautiful times of year to be outside. Don't let the cooler temperatures keep indoors just yet, here are a few fun ways to stay active outdoors and embrace the cooler days.

Go kayaking or canoeing.

Paddling kayaks and canoes is a great form of exercise. Benefits of kayaking and canoeing include aerobics, cardio and upper body strength. Plus, you'll experience the calmness of the water and get a front row seat to the changing fall colors.

Go apple picking or to a pumpkin patch.

Nothing says hello autumn more than a seeking out the perfect pumpkin, climbing ladders to pick apples and then warming up with a hot mug of apple cider.

Go Geocaching.

Geo what? You ask. Geocaching is a real-world, outdoor treasure hunting game that uses a GPS-enabled app for your Smartphone. Participants navigate to a specific set of GPS coordinates, then try to find the geocache (which is a box, container or item) hidden at that location.

Go on a nature hike.

Breathe in the cool air and take a long walk. Pull on a sweater and

head over to your local nature preserve and explore. Consider packing a picnic and hunt out the perfect lunch spot.

Do outdoor yoga.

Outdoor yoga is typically associated with the summer months, but try doing yoga outside during the fall. The cool breeze will refresh your mind, body and spirit as you flow through each pose.

Take a long bike ride.

No sweating? No problem. Fall is a great time to bike outdoors, so check your tire pressure and get those legs moving. Biking is great for building muscle and improving heart health.

Make your own walking tour.

It's easy once you've lived in the same city or town for a long time to forget what brought you there in the first place. Play tourist for a day and map out a walking tour of your city to rediscover its hidden gems.

Organize a pick-up game.

Even if you're not the most athletic person, a pick-up game of touch football, soccer or kick ball with friends can be a fun way to get outside and stay active. So call your friends, make a Facebook invite and get a game going.

Register for a fall-time 5K.

The fall is a great time to do that 5K you've been thinking about. Not only is it more comfortable to run in cooler weather, but you'll get to enjoy gorgeous scenery during your run.

<http://www.fitandfabliving.com/health/healthy-body/7085-9-ideas-for-staying-active-outdoors-this-fall>

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