

Why your body loves getting outdoors

Arms

Taking part in outdoor activity such as walking, cycling or canoeing, strengthens muscles and bones. This is especially important as young people develop and grow.

Wellbeing

Exercise stimulates various brain chemicals, which could leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Exercise even reduces feelings of depression and anxiety and can help you sleep. For children, it is a great way to develop socially. Getting to the top of that climbing wall for the first time will also give you a great sense of achievement.

Smile: it's fun!

Getting outside with friends or family is a great way to spend quality time together.

Lungs

Your lungs love fresh air and are nourished by it. They also love exercise such as swimming, which develops their physical capacity.

Did you know: the right lung is usually larger than the left?

Heart

Being physically active will help keep your heart healthy. People who aren't have an increased risk of heart disease. It's the biggest muscle we have – look after it.

Stomach

Regular activity combats obesity. By 2010, it's predicted 22 per cent of girls and 19 per cent of boys between the ages of two and 15 will be obese, with girls under 11 at particular risk. But this can be easily prevented with regular outdoor activity and exercise. Just one hour a day coupled with a healthy, balanced diet helps children grow at healthy rate.

'Inactivity is a serious health problem especially as we know that seven in every 10 women and six in 10 men in the UK are not active enough to achieve health benefits.'
British Heart Foundation

Legs

Stronger legs can mean better balance and co-ordination.

Most of us spend between 70 and 90 per cent of our time indoors. This means we are actually seeing very little daylight (sunshine is a significant source of vitamin D, which can help maintain a healthy immune system), and breathing little fresh air (are your windows closed and your heating on?)