



Urban Goddess Aust.

Enjoying exercise in the great outdoors with 'Urban Goddess'

By Melisa George

If your current fitness routine is looking a little tired and could do with some jazzing up, or perhaps you just fancy a change from the confines of your local gym then look no further than Urban Goddess. The solution to re-invigorating your workout is literally right on your doorstep: the great outdoors.

What are the benefits of outdoor training vs. the gym?

Training outdoors commands your body to make immediate shifts and adjustments to the changes in the terrain, a constant communication between the working muscles in the body and your brain. This dramatically improves your body-mind connection and sharpens your awareness, mental focus, balance, speed, agility and overall strength and endurance. Training your body in all planes of motion. Exercising outdoors in cooler weather enables you to burn more kilojoules and fat than indoor exercise because your body works harder to maintain its core temperature.

1. Maintain a healthy weight.

The weight that's right for you depends on many factors including your sex, height, age and heredity. Excess body fat increases your chances for high blood pressure, heart disease, stroke, diabetes, some types of cancer and other illnesses. But being too thin can increase your risk for osteoporosis, menstrual irregularities and other health problems. If you're constantly losing and regaining weight, a registered dietitian can help you develop sensible eating habits for successful weight management. Regular exercise is also important to maintaining a healthy weight.

Exercising in the outdoors with 'Urban Goddess' can help you:

- Break out of a training rut
- Set new exercise challenges
- Rejuvenate your workouts
- Broaden your exercise horizons
- Get back to nature
- Improve your current fitness levels
- Have fun and meet other like-minded women



Urban Goddess
Fitness for the Mind & Body

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