



# BalanceHealth<sup>SM</sup> Newsletter

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## Exercising Outdoors

Now that Spring is in the air it's time to start thinking about taking your exercise routine outdoors. There are a wide variety of outdoor activities to choose from to get your heart pumping and your muscles working.

eni's wellness experts have outlined just a few of the many fun ways to work out while enjoying some fresh air and sunshine. Try one that complements your fitness level or mix it up and try them all for a new outdoor workout each day!

### Walking

Walking is a great exercise for beginners, can complement your existing workout routine, and is something the whole family can do together. Walking is a low impact activity meaning it doesn't put too much added pressure on your joints. Walking burns calories, strengthens bones, lifts your mood, improves balance and coordination, and can help manage chronic conditions like high blood pressure and type 2 diabetes.

Use the following tips and techniques to turn a casual walk into a true fitness routine:

- Your head is up. You're looking forward, not at the ground
- Your neck, shoulders and back are relaxed, not stiffly upright
- You're swinging your arms freely with a slight bend in your elbows
- Your stomach muscles are slightly tightened and your back is straight, not arched forward or backward
- You're walking smoothly, rolling your foot from heel to toe

### Jogging/Running

A close relative of walking, running is also an aerobic activity, but it is higher impact. Running has a great deal of benefits including improving cardiovascular health, improving digestion, improving bone health, stimulating the immune system, improving mental health, and promoting weight loss.

If you are new to running, start with a brisk walk, work yourself up to jogging, and finally work up to a full run. It's important to pay attention to your form when running. Check out eni's newsletter on running for a complete list of benefits and detailed tips on proper form.

For more information or advice about outdoor fitness contact your Wellness Coordinator by calling:

**1.800.327.2255**

eni's BalanceHealth program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.





## Tennis

Playing tennis is good for the mind and body. It's also a social sport. To play you need at least one other person for a match and if playing doubles, four players are required. Tennis has a vast array of health benefits. Tennis burns calories and promotes cardiovascular health. Tennis works various muscles in the body including your legs, arms, and entire upper body. Playing tennis requires skills and techniques that improve balance, speed, footwork, and hand-eye coordination. Tennis also involves alertness and tactical thinking, which improves mental acuity.

The basic rules of tennis are fairly simple. One player hits or serves the ball from a corner of a marked out area called a court, which is divided down the middle with a net. The opposite player's goal is to return the ball, bouncing it no more than once in his own court, aiming for the other player to not be able to hit it. A point is gained when a player is not able to return the ball at all or he hits it out of the court. The ball is always served cross court or diagonally. The overall goal of tennis is to gain points to win games, sets and matches. For more information on playing tennis, check out [TennisTips.Org](http://TennisTips.Org)

## Bicycling

Riding your bike isn't just for children! Bicycling is a great way to exercise outdoors and has many health benefits. Of course it provides great cardiovascular benefits and is an effective calorie burner. In addition, it strengthens leg muscles and is great for joint mobility in

the knees and hips. Bicycling also improves stamina, reduces stress, and improves coordination.

Proper bicycling requires that you "pedal in squares". Even though your feet are actually moving in circles, by thinking of it as squares, improves your pedaling efficiency. Push your foot forward along the top of the square, and then down against the front side of the square. Next, scrape the bottom of the square and then pull up the backside of the square.

## Outdoor Exercise Safety Tips

There are a few things to remember when exercising outdoors including:

- Always wear sunscreen
- Don't exercise in high traffic areas
- Exercise in daylight or wear reflective clothing
- Stay hydrated
- Wear high quality sunglasses to protect your eyes
- If you have allergies, check pollen counts before exercising outdoors

***eni's wellness experts are available to provide you with an outdoor fitness routine that matches your fitness levels and goals. Our experts are also available to provide details on any exercises that you are considering trying this Spring!***

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