

Green Exercise: Actively Flourishing in Nature

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Fell Running (Nettleton, 2013)

Vitality

Attention

Sociality

Connection to Nature



Green Exercise

Physical activity that takes place in natural environments



Green Exercise

Unique benefits over general physical activity

(see Pasanen et al., 2014)

A synergistic effect between physical activity and being in nature.



- **Decreased blood pressure** (Scorsolini-Cominet al., 2013)
- **Decreased fatigue** (Han & Wang, 2018)
- **Decreased heart rate** (Scorsolini-Cominet al., 2013)



- **Decreased negative emotion** (Bowler et al., 2010)
- **Decreased anxiety** (Mackay & Neil, 2010)
- **Increased wellbeing** (Pasanen et al., 2014)
- **Increased self-esteem** (Barton & Pretty, 2010)
- **Increased mood** (Barton & Pretty, 2010)

Flourishing

Feeling good

- hedonia
- happiness
- positive affect

Functioning well

- eudaimonia
- meaning
- self-determination
- virtue



Green Exercise and Eudaimonia

Increased mindfulness

(Wolsko & Lindberg, 2013)

Increased social interaction time

(Rogerson et al., 2016)

Vitality, joy

(Glackin & Beale, 2018)

Intrinsic motivation:

motivated by the activity itself as opposed to the outcome of the activity

Point of Importance

People may be more motivated to exercise and to keep exercising if exercising in nature.



However...



The Green Prescription Movement

Doctors aren't prescribing green exercise

(Maas & Verheji, 2007)

Why not prescribe green exercise?

Dosing green exercise (Barton & Pretty, 2010)

- 5 minutes for a boost of self-esteem and mood

- Blue exercise



Mechanisms

Attention-restoration theory: captivated fascination

(Kaplan & Kaplan, 1989)

Stress-reduction theory: positive affect

(Ulrich, 1983)

Biophilia: an evolutionary preference

(Shepard, 1982)

Ecological Dynamics Framework

Accounting for the person-environment relationship

Affordances: engagement opportunities in the environment

Natural environments are less prescriptive



Future Research

Integrating wildness, heterogeneity of environments

The less built the better

Noticing Nature



We are nature



Thank You