

Nature's Gym
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Program Description

The Nature's Gym Training Program is designed to improve cardiovascular endurance, flexibility, muscular strength and endurance in the outdoors. The instructor must be very creative when planning the various stations along the mapped out route. For example, students can carry resistance tubing around their waist while walking or running for the cardiovascular segment. During the resistance segment the tubing can be wrapped around a tree, light pole or fence for resistance training. Students can also work with a partner to connect tubing for various exercises.

Benefits of Nature's Gym Training

- Of course this is a weather permitting type of program but can be a great change of pace from the traditional workouts indoors.
- This type of workout can be adapted for any age, size of group, fitness level and outdoor setting.
- The Nature's Gym Training Program can develop cardiovascular endurance, muscular strength and endurance, balance, coordination and flexibility.

Equipment

- Tubing with or without handles. Tubing comes in different colors, which represent the different resistance levels.
- The elements such as benches, light poles and trees in the mapped out area outdoors serves as your equipment.

Safety Equipment

- The route should be mapped out ahead of time so that the area chosen is safe. Check for unsteady obstacles, traffic patterns, etc.
- Offer this class during the seasons when the temperature is not too cold or too hot.
- Carry a cell phone with you since the mapped area may not be near a phone in case of an accident.