

# My New Approach

BREATHE · NOURISH · MOVE

OUTDOOR MOVEMENT

Pillar Three · Daily Practice

*Go Outside.*

THE SIMPLE TRUTH

*We are not here to be your personal trainer.*

*We are not redirecting your workouts.*

**We are simply asking you to go outside every single day —**  
*and letting nature do the rest.*

PILLAR THREE · THE RULE

At least 30 minutes outdoors, every day. That is it. Walking counts. It has always counted. If you already train — keep going. Just make sure some of it happens outside. If you are starting from zero — a walk is the perfect beginning. Do not underestimate it.

WHAT COUNTS — THE MOVEMENT MENU



ALWAYS ENOUGH

## Walking

The most underrated health intervention available. Every step contracts muscles that push lymph fluid, regulate blood sugar, and stimulate the vagus nerve. Morning walks in sunlight reset your circadian rhythm for that night's sleep. Evening walks decompress the nervous system. A walk is never just a walk.



LEVEL UP

## Hiking

Uneven terrain adds balance, coordination, and greater muscle engagement. Elevation changes train the cardiovascular system naturally without a gym. The deeper immersion in nature amplifies every mental health benefit of outdoor movement. Even a modest trail changes everything.



CARDIO OUTDOORS

## Cycling

Low impact on joints, high benefit to cardiovascular and lymphatic health. Fresh air and changing scenery make longer sessions feel effortless. Road, trail, or casual neighborhood riding — all count equally.



FULL BODY

## Swimming Outdoors

Open water swimming adds cold exposure, grounding through water contact, and full body movement simultaneously. One of the most complete outdoor activities available — three add-ons in a single session.



WHEN READY

## Running

Do not force it. After two weeks of daily walking, your body may quietly suggest it wants to jog a little. Let it. That instinct — unprompted, natural, from inside — is the most sustainable starting point for running that exists.



PLAY COUNTS

## Sports & Play

Golf, tennis, basketball, pickleball, frisbee, yard games with your kids. If it happens outside and involves movement, it counts. Joy in movement is more sustainable than discipline in movement. Never undervalue it.

### WHY OUTSIDE SPECIFICALLY

#### \* Morning Sunlight

Natural light hitting the eyes within the first hour of waking sets melatonin timing for that night. Morning outdoor movement is one of the most powerful sleep interventions available — and it costs nothing.

#### \* Nature & Cortisol

Time in natural environments measurably lowers cortisol, blood pressure, and heart rate. Trees, open sky, and natural sounds activate the parasympathetic nervous system in ways a gym simply cannot replicate.

#### ☼ Vitamin D

Sunlight exposure is the most efficient source of Vitamin D — critical for immune function, mood, bone health, and hormonal balance. Most people in modern life are chronically deficient. Daily outdoor time begins to correct this.

#### \* Mental Clarity

Walking in nature measurably improves creative problem solving, working memory, and focus. Rumination — repetitive negative thinking — drops significantly after outdoor walks. Your best ideas often arrive outside.

### WHAT YOU WILL NOTICE

#### ■ Better Sleep

Morning light and daily movement regulate circadian rhythms profoundly

#### ■ Reduced Stress

Nature exposure lowers cortisol more effectively than indoor exercise

#### ■ Improved Mood

Outdoor activity reduces depression symptoms as effectively as medication in studies

#### ■ Cardiovascular Health

Daily movement strengthens the heart and improves circulation over time

#### ■ Vitamin D Production

Sunlight exposure restores what most modern lives have depleted

#### ■ Lymphatic Flow

Movement pumps the lymphatic system — your body's waste removal highway

#### ■ Mental Clarity

Outdoor walks reduce rumination and measurably improve focus and creativity

#### ■ Natural Progression

Consistent walking naturally evolves — your body will ask for more when it's ready

*After two weeks of walking daily, something may happen  
that no coach could ever force —  
**your body will quietly whisper: I want to jog a little.**  
That is not discipline. That is transformation.*

**A walk is enough.** *A walk has always been enough.  
Go outside. The rest will follow.*