

For exercise, nothing like the great outdoors

By Gretchen Reynolds, New York Times

Long walks can improve moods and reduce anxiety, but the benefits may be greatest if the walks take place outdoors rather than in a gym, according to a study by researchers in Austria. And while the Alps may be a particularly fine place to hike, a vigorous walk in the woods or paths near home may provide the mental boost we need to keep us moving.

Many different aspects of exercise are thought to affect how much we like working out. But in general, most experts agree that a workout's intensity and its duration have the greatest influence on our feelings about it.

Researchers wondered whether long, relatively gentle walks would make people happy and, if so, whether some types of walks would be more pleasurable than others.

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