

Outdoor sports

Outdoor sports have a lot of benefits, such as: they increase motivation, they are practical and accessible, promote natural vitality, raise concentration, produce wellness and mental health and they contribute to the spending of calories.

Outdoor exercise is more stimulating than sport inside a building (for example, a gym); in addition, it's more advantageous for the environment, it does not require equipment or electricity.

Contact with nature lowers stress levels, increases the production of serotonin, the happiness hormone, and motivates us to continue.



There are no schedules or routines. Beginning to exercise is often a difficult task, especially for those who are not used to it or for those who do not enjoy it. However, it is essential for a healthy lifestyle (running, cycling, walking or any other sport) and it should therefore be included in our weekly routine. An

outdoor walk is more beneficial for our health than staying at home, sitting on the couch watching TV.

A 2004 study by the University of Illinois compared the concentration levels of children with Hyperactivity Disorder and Attention Deficit Disorder after walking in nature settings and urban settings. The main conclusion was that twenty minutes of contact with nature are enough to feel a great improvement of vitality all day, providing physical and mental well-being and raising a person's concentration.

Outdoor sports in protected areas

The use of protected areas for the practice of leisure and tourism is a current phenomenon and in potential growth around the world.

Physical activity and the practice of sport in natural spaces must take into account the respect for nature and the preservation of its resources.



In Portugal the history of development of these sports practices in protected territory has been characterized by the lack or absence of the levels of knowledge and acting in these protected areas on the part of the sportsmen.

It is necessary to take into account the principles of sport management, developed in the areas of recreation and tourism, more grounded and appropriate to the national reality.



The implementation of Protected Areas (PA) is a social phenomenon and one of humanity's most valuable efforts in what concerns to the conservation of nature.

The potential of PA for the practice of sport is enormous. Knowledge of legislation and rules to follow and the respect for nature will allow to manage, in a sustainable way, this resource so fundamental to the practice of sport.