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The benefits of Outdoor Fitness by [Julia Roger](#)

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Outdoor fitness training has really taken off in recent years with many fitness instructors running outdoor training sessions for both groups and individuals. These are often held in local parks that are easy to get to for many people and have free parking. Part of your fitness training may be to walk or run to the park ready to start your workout. Many outdoor fitness sessions are now run by ex-military staff and are very vigorous and tough regimes. They do get results but you have to be prepared to feel some pain and work really hard! If this sounds too intense for you or you would rather work out one on one with a personal trainer then should be able to find trainers who offer many different types of outdoor fitness programs to suit your requirements.

If you want to find group outdoor training and outdoor fitness classes then you can search online to find out if any classes are run in your local area. If you have a large park close by then you may find that there is regular outdoor fitness sessions held that you can attend. As well as keeping fit you may also be able to get guidance on healthy eating. Group outdoor fitness training is a great way to meet new friends and find people with a common interest. If you are struggling to lose weight then group outdoor training is ideal as you will find people who can offer you support and spur you on to achieve your goals.

Outdoor training can include running, cardio workouts, rugby, football, circuit training and many other methods of keeping fit. In the group of outdoor fitness classes there is likely to be people of all ages and athletic abilities and the instructors will make sure the class has something for everyone. Working as a group can really give you inspiration and help you achieve your goals much quicker than if you work out on your own with no help or guidance. The price of outdoor fitness classes will vary depending on where they are held, what they involve and how often you want to attend. A one on one class may be more expensive than group training sessions.

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