**When exercising, some people prefer to exercise indoors at a gym or sports center, and others prefer to exercise outdoors. Compare these two choices. Which do you prefer? Support your answer with specific details.**

I prefer to exercise outdoor over exercising indoor at gym or sport center, as exercise is about mental and physical oneness with nature and the environment. An integral part of exercise is playing sports and the best way to have fun and enjoy is team based outdoor sports like football or cricket. Also, even if you running or doing yoga, the benefits will be increased manifold when done in a natural setting.

Exercise includes a variety of drills which include push ups, squats etc. which challenge you physically and also mentally stimulating activities like meditation and yoga, which bring makes one mentally sound. When one exercise in an outdoor setting like a garden, lawn or goes jogging in a public park or even practices Pilates , the natural winds and the sunshine aid the body to push it's own limits and recover quickly. With personal experience, I would really vouch for outdoor exercising.

One of the other major advantages that outdoor exercising gives is the team and group support which is either missing in the limited space in the gym or only a handful of people can exercise together. Thus, be it teenagers looking to get a toned muscular body or senior citizens getting together to practice some yoga, there's a network of people from whom you can learn and get inspired to stretch ones's abilities. An outdoor park holds an opportunity to bump into someone who can become your exercising partner, which isn't the case with the closed environment or member privileged sports center.

A lot of time, a person's life becomes restricted to office and later at home, thus a friendly football match will not only make him meet new people, but also teach him skills like team cooperation, leadership, accepting defeats. etc. When one participates in such events or activities which cannot happen if one exercising indoor alone listening to music and seeing themselves in the mirror, one is able to appreciate the nature, the sunshine, the wind along with learning new sport. Benefits of getting early morning sunshine, fresh air are well documented with Vitamin D and certain minerals being circulated in the body

As per the reasons mentioned above the benefits of a natural environment, the emotional group support and many more, I believe that one should practice outdoor exercising whenever possible.