

FIT GREEN HAPPY

We must not speak or think of the outdoors alone or of people alone but always and only of both together. - Wendell Berry

I. Fitness; Fitness as Medicine

The Magic Pill

- a. Physical Benefits
 - i. Better cardiovascular health
 - ii. Better joint health
 - iii. Stronger musculoskeletal system
 - iv. Decrease risk of heart disease
- b. Brain Chemistry/Emotional Benefits
 - i. Ideal balance of neurotransmitters
 1. Ability to focus
 2. Mood stability
 3. Happy mood
 - ii. Brain Derived Neurotropic Factors (miracle grow)
- c. Anti-Aging Benefits
 - i. Compression of Morbidity. Stay healthy as long as possible so age-related decline is as short as possible.
 - ii. Aging begins +-30
 - iii. Don't wait until your 70
 - iv. Longevity + quality
 - v. Longevity - 7 years
 - vi. Quality - 14 years younger
 - vii. Basically - use it or lose it
- d. Ideal Weight
- e. Anti-Alzheimer's
- f. Time Return - between 2&3:1

II. Outdoors; Outside as Medicine

The Magic Pill

- a. Brain Chemistry - mimics fitness
- b. Increase in positive mood neurotransmitters

- c. *Green Exercise = exercise benefits squared.*

Sustainability

- a. Ideally a consequence of being outside; emotional connection
- b. *Good Business - 90% of companies view sustainability as good business (Sloan Business School)*
- c. *Strong local green economy*
- d. *Good for MC students*

III. Happiness

- a. *Set point for happiness (30%)*
- b. *Outside Influences (10%)*
- c. *Our Actions/Beliefs (60%)*
 - i. *Physical Activity*
 - ii. *Outdoors*
 - iii. *Gratitude*
 - iv. *Community/Family*