



## Health Advice

### Careful Exercise

#### Careful exercise in autumn

Now that autumn has arrived, it is often unpleasant and grey outside. It is no surprise we would rather snuggle up on the sofa instead of going outside. But that is exactly what you should be doing right now! Because exercise in the fresh air is particularly beneficial right now, when the gloomy weather gets us down or makes us feel tired. Plan a few regular exercise sessions into your daily work routine: whether it's a walk in the fresh air during your lunch break, a jog with colleagues after work, or a weekend bike ride through the autumn forest - every little break in the fresh air counts.

"It has been scientifically proven that sport has many positive effects on health. Even moderate endurance sports release feel-good hormones that are known as endorphins, which is why endurance athletes feel more balanced and satisfied than non-athletes, especially in cold months towards the end of the year," explains sports scientist Klaus Möhlendick.

You don't have to set yourself high sporting goals. Careful exercise is the maxim in autumn due to a few hidden risks: roads and paths become more slippery due to wet conditions and leaves, and on dull days or when darkness sets in early, our vision is not as good and we are late to see uneven surfaces on paths. We are also often less energetic at this time of year.

Don't worry. Just take it slowly. Wear running shoes with good grip and brightly coloured clothing so that you can be seen better; reflective elements on clothing and a headlamp can also be useful. But those who don't like jogging or are unable to jog have no excuse: a long walk or walking laps are also valid and will fill up your exercise account.

And not only that: if you go outdoors now, you will also have small and large experiences of nature and mental time-out if you fully engage with the moment. Listen to how the wind rustles in the treetops, the splashing sound under your feet with every step and feeling of them sinking into the damp ground, feel the fine drops of mist on your skin, the cool air in your lungs. This is exactly what mindfulness means. If you perceive the laps outside not as a compulsory exercise session but as a mindful ritual for your body and senses, you are guaranteed to feel good and refreshed afterwards - and will also be rewarded with rosy cheeks and supple facial skin.

## Mindful exercises for autumn days:

### Morning pick-me-up

Open the window wide immediately after getting up. Slowly breathe in the fresh morning air and consciously breathe it out again; repeat five times. Feel it: how cold does it feel, how does it smell, is the air damp? Whilst brushing your teeth, stand on your tiptoes and back again - this exercises the calves and gets the blood circulation going.

### Morning muscle relaxation

Give your shoulders and lumbar vertebrae periodic relaxation whilst at work: stand with your feet shoulder-width apart, let your arms hang loosely, slowly move your shoulders in circular motions first forward, then backward. Then place your arms on your hipbones and rotate your pelvis in all directions.

### Lunch break activity

After lunch, go for a quick walk in the fresh air. Walk briskly, swing your arms, breathe in deeply through your nose and out through your mouth.

### Afternoon muscle relaxation

Place your hands under the tabletop and press your palms firmly upward as if you were trying to lift the table. For a pleasant shoulder stretch: stretch both arms out in front, interlock your hands and push them forward, rounding your back.

### After-work exercise

Even if it's already dark, put on some grippy shoes and go for a jog, a walk or a run around the block. Find a nice spot to do some squats. Then, take turns stretching your arms high upwards as if you were trying to pick the autumn leaves off the trees. Do a few leaps like a jumping jack. Great! Then you can go back to the sofa with a clear conscience.

Extra tip: Even with the best will in the world, you don't want to go out in the dark in the evening? Then exercise indoors; there are numerous gentler sports that get you moving without being too strenuous: whether swimming, yoga or dancing - do what you enjoy. The important thing is that you do it!

## Imprint

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