



GREEN

Group of Research on Exercise in healthy Environments and Nature

Since 2007 and for the first time in history that there are more people living in cities than in rural areas (United Nations, 2014). By 2050 researchers estimate an increase of 2.5 billion people. Living in a city may bring important improvements in terms of quality of life (e.g., sanitation conditions, nutrition, education and health care). However, urbanization is contributing to the development of several problems. One of the most significant is the dramatical decrease of physical activity and a consequent increase of obesity, diabetes, cardiovascular and metabolic diseases (Tros, Blair & Khan, 2014). People's mental health is also importantly affected not only by urbanization (Lambert, Nelson, Jovanovic & Cerdá, 2015), but also by physical inactivity (Galper, Trivedi, Barlow, Dunn, & Kampert, 2006). Hopefully, science is showing that physical activity and contact with nature are key factors to promote health and prevent physical and psychological diseases. For example, exercise in outdoor and natural environments is related with better cardiovascular health from childhood (Duncan et al., 2014) to elderhood (Miller, 2015), and to several psychological benefits as low levels of stress (Calogiuri et al., 2016) and anxiety (Martin & Brymer, 2016; Mackay & Neill, 2010), mood states and self-esteem (Barton, Griffin & Pretty, 2012; Pretty et al., 2007; Reed et al., 2013) or well-being (Cervinka, Röderer & Hefler, 2011; Lawton, Brymer, Clough & Denovan, 2017; Loureiro & Veloso, 2014).

With **GREEN – Group of Research on Exercise in healthy Environments and Nature** – we are seeking to gather a group of research with diverse experts who are interested to study the relationship between **exercise, healthy environments, nature and well-being**. We have organized the following main topics of research related with:

- **Relatedness/connectedness with nature;**
- **Physical activity, child obesity and parent's relatedness with nature;**
- **Physical activity, exercise, relatedness with nature and subjective well-being;**
- **Exercise in natural environments and emotional processes (effects on mood states and anxiety);**
- **Psychological effects of exercising in water environments.**

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