

Discuss how outdoor adventure can be seen to contribute towards an individual's health and wellbeing.

Outdoor adventure has taken on many roles over the years, adapting to our changing lifestyles. OA is subjective to each person, and anyone can have their own opinion on the subject and argue to be wrong, as there isn't a definite definition. Even though it is opinion based, definitions have the same idea that you must be outside to have an adventure. Health and wellbeing have never been so important as in recent years, since the pandemic reduced the time, we spend going out. Enforcing us to stay indoors, reducing how we move our bodies and increasing the need for attitudes to change. OA is the root of how we have, for thousands of generations learned our basic motor skills and developed our cognitive thinking, unfortunately, COVID has had a big impact on the world affecting the younger generations (Pajek, 2022). It is important to introduce OA to everyone as a way of giving those and future generations the chance to live their life as healthily as they can.

Outdoor adventure is a keyway of increasing someone's physical health. Lebedinskiy et al. (2017) defines physical health as the genetic motor capacity of a person. There are many domains of physical activity, these can be transport, leisure, work, education or at home. All these domains work towards the different areas of our body, for example, aerobic fitness, bone strength, muscle strengthening, balance and flexibility. OA can be intuitive to someone's health, no matter what age, you can start at any point to increase PH, whether it be on a walk in a forest or climbing a 6b (British Mountaineering Council, 2016). Going for a walk is very beneficial to an individual's health, improving arterial stiffness (Lee and Lee, 2014). Is a big factor as it is a prevention of future possible diseases (World Health Organisation, 2023) which could put a strain on the heart or lead to heart failure (Kohn, Lampi and Reinhart-King, 2015). Ohtsuka, Yabunaka and Takayama (1998) suggested that walking in a forest increases insulin sensitivity allowing for blood sugars to fall, this intern is a beneficial activity for people with type 2 diabetes (Hill, 2005).

Although climbing can be hard you can start at the very beginning and work your way up, this allows climbing to be a very diverse and versatile sport to introduce to someone who wants or needs to improve their health, there are many health benefits when starting as a beginner or a seasoned professional. One of the biggest contributors to health is the increase in muscle strength, climbing requires you to use multiple large muscle groups and many smaller ones each time you climb and with each movement (Siegel and Fryer, 2015). Tendons

and ligaments are constantly stretched and contracted allowing a lot of blood flow increasing the flexibility of that certain area of the body. When individuals begin to enjoy the activity, they soon develop the mental attitude to better themselves and to get better at that sport, there will be a stage when the body starts to plateau (Gelman, Berg and Ilan, 2022). To prevent plateauing, pre-emptive exercising is needed to stop that. This intern is an indirect way of increasing the participants' exposure to a healthy lifestyle through OA. OA is a very big part of a healthy lifestyle, but results show that you don't need to go outside to have good balanced health (Sartorius, 2006). For example, you can walk on a treadmill at home and get the main health benefits (Nascimento et al., 2021) as you would outside. You can also go to an indoor climbing centre instead of going miles from the town or city to experience climbing, it is also a more inclusive way of introducing a wider populous to the sport (Mittelstaedt, 1997).

Schools have been one of the larger promoters of improving children's health and wellbeing, recognising that children are susceptible to outside influences more so than before. Changing schools' policies surrounding substance use, mental health and physical health (Aggleton et al., 2010). Despite these changes and increasing awareness surrounding children's health and wellbeing, outdoor adventure has become a more apparent outlet (Dhanapal and Lim, 2013). Different organisations can cater to each child's needs and expectations. Such as providing activities that challenge the child's way of thinking (Clancy, 2006) e.g., how to climb a rock wall using the best route. Activities don't need to be in the form of something physically exhausting, an activity at a school can be a gardening session, over the UK there has been an increase of gardening sessions to children and young adults (Royal Horticultural Society, no date), theses have been provided to show the participants the importance of being sustainable in the outdoor environment, gardening has been shown to increase mood levels of individuals (Schmutz et al., 2014).

Anjarwani et al., (2020) carried out a guided inquiry into how guided learning using outdoor activities can improve the critical thinking of elementary school students, concluding that there was a significant difference in the score of critical thinking between the control group (inquiry-based learning (Title, 2020)) in the experimental group (guided inquiry outdoor setting activities (Padayichie, 2022)). In other settings where this kind of access is not available to most, local workshops surrounding moving the body and shifting their mental focus have provided data to suggest that participating in activities such as yoga has improved the mental wellbeing of children and young teenagers (Hagen and Nayar, 2014).

One other way outdoor adventure can be seen to contribute to individual wellbeing can be through the interactions in childhood and how they are carried into adulthood. It has been shown that interactions with nature (Taye et al., 2019) in early childhood improves their cognitive abilities and overall psychological wellbeing (Coon et al., 2011) which is also seen as they enter adulthood (Pensini et al., 2016).

As previously mentioned, our attitudes to exercise and activities have changed leading to more emphasis on being active and reducing time behind screens (Dubbart, 1992). Those who participate in outdoor activities or programmes such as that of Outward Bound have been seen to have a healthier diet, are more active, have a better understanding of nature and the outdoors (Palmberg and Kuru, 2000) and there is a reduction in the stress experienced in daily life (Humberstone et al., 2015 p 61). However, there is a need for understanding an individual as well as being in a collective, to be able to cater to their needs (Cason and Gillis, 1994).

How video games ensure children don't need to go outside to be able to experience the outdoors or a sense of adventure. Most video games have been developed to show different worlds or environments coined as 'world-building' such as that of massively multiplayer online games. Games such as Elder Scrolls, World of Warcraft and RuneScape are played mostly on console or PC. These games have all had a big impact on the wellbeing of millions of children and young adults, they allow you to dive into a world in which you can freely do what you want with exceptions. They have been found to decrease stress and anxiety levels while playing them (Cole and Hooley, 2013), it is an easy way to experience their own kind of adventure through pixelated screens. The outdoors can be different for everyone, especially if we consider the implication that everyone can be either introverted or extroverted, this is a key point we need to consider (Jumareng et al., 2021). Extroverted people are likely to go outside and be very sociable and interact with nature as it is their way to improve their mental health or their way of venting other feelings they have. Introverts on the other hand prefer to stay indoors and find that they are more comfortable not always being sociable. This is a key indicator that OA doesn't need to be done to have health and wellbeing but can be a benefactor to someone other than for mental health.

I found that OA is outstandingly positive to the fact that it is beneficial to include it in a healthy lifestyle. Having a balanced lifestyle in the outdoors can contribute massively to someone's overall health. Whether it is going outdoors to have a walk to mentally relax and get some physical exercise, or to stay indoors and be sociable over the internet. Each person knows their body and how it interacts with nature and the outdoors. OA should be a choice; it can be done by everyone whenever they want to, and however they like because it is subjective. There is no evidence to suggest that everyone needs to have adventure to become healthy, but it also doesn't suggest that staying indoors and not having adventure will lead to the healthiest possible outcome.

Word count- 1463

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