

Penn State
Department
of Kinesiology

Aging & Psychology Lab News

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Content:

**Daily OM 1
STUDY**

**Outdoor 2
Spirit**

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UPDATE ON YOGA RESEARCH

The Aging & Psychology Lab graduate student, Moé, began the **Daily OM** (Off the Mat) yoga study. The purpose of the research study is to examine how yoga impacts an individual's day to day life. To do this, we will be studying the acute and long term effects of yoga practice as it unfolds in ones' everyday life.

Through this research, we hope to better understand the effects of the mind-body practice of yoga, the mechanisms of how yoga works, and characterize individual differences in how individuals respond to yoga practice.

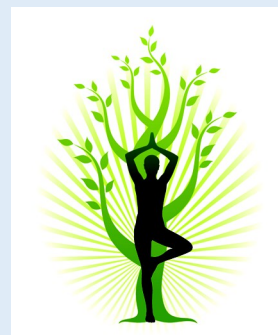
Participate in the DAILY OM RESEARCH STUDY

Recruiting is still ongoing. As part of the study you will:

- Make two visits to the Aging and Psychology Lab at Penn State for basic physiological assessments (height, weight, blood pressure) and completion of surveys.
- Complete brief (<5 minutes) daily online surveys across 3 weeks (21 consecutive days).

Interested or have questions?

Contact Moé at mzk191@psu.edu
or Call: (814)-865-5606



Physical, Social, Emotional & Intellectual Benefits of Outdoor Recreation

(- partially adapted from Tina Pashley. *LIVESTRONG.COM*)

Better Body

Outdoor recreation provides a multitude of advantageous physical activities that may be performed alone, with several friends and family members, or with your local recreational sports team. Activities such as walking, hiking, canoeing, swimming, racket and ball sports and numerous other physical activities give you more choices for enjoyable exercise, which is likely to keep you motivated. The Centers for Disease Control and Prevention suggests that adults perform at least 150 minutes of moderate aerobic activity or 75 minutes of intense activity every week. Performing activities that you enjoy will make it more likely that you stick with them over the long-term.

Social Benefits

Adults and children alike benefit socially from

outdoor physical activity. For children, outdoor play is key to maintaining a healthy lifestyle and weight. Participating in sports and recreation outdoors likewise provides adults and seniors with an opportunity to meet and build relationships with others.

Feel Good Factor

Physical activity helps reduce stress and prevent some cases of depression.

Exercise reduces anxiety, and consistent activity provides more relief for anxiety and depression. Just spending time outdoors surrounded by greenery may have the same effects. Breathing fresh air in a natural, serene environment also helps many people to relax, feel awe, and feel connected to nature.



“FREEING THE YOGA SPIRIT”

-Angela Pirisi, *Yoga Journals*

Pairing up yoga and nature can be an incredible experience if students are ready to embrace the outdoors. “When the classroom is outdoors, free of mirrors, windows, and designer clothes, the ‘yoga scene’ is left in the dust. The open space really expands everyone, and there’s an instantaneous freedom you just can’t replicate indoors,” says Kimblin.

Mind and Movement

Studies show that people who exercise regularly experience longer, deeper, more restful sleep. Better sleep results in more energy and alertness the following day, allowing better concentration and ability to think on higher levels. Along with better rest and rejuvenation for your body during the night, regular physical activity that reduces stress, anxiety and symptoms of depression will help you to concentrate more during the day. Spending time outdoors will also help rejuvenate you due to the exposure to day light and will lift your mood.

Have fun with it!



Take it outside!



PennState

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Learn more about current research,
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<https://sites.psu.edu/aplab/>

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