
Original Passage: Exercise in nature is very beneficial for both physical and mental health. In addition to the general benefits of exercise, such as improving cardiovascular health and increasing muscle strength, outdoor activities also provide an opportunity to experience the beauty and tranquillity of nature. It can increase feelings of well-being and reduce stress and anxiety. It is important to embrace the benefits of outdoor exercise and incorporate it into your regular routine. **(141 words)**

Title:- Benefits of outdoor exercise.

Outdoor exercise has many benefits for mental and physical health, including increasing wellbeing and reducing stress and anxiety.

It is very important to include outdoor exercise in your daily routine.

(words = 30)