



# VALUING NATURE

## **Green Exercise: optimising exercise settings to enhance mental and physical, social and behavioural outcomes**

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# My research area

## 'Green Exercise'

- Physical activity combined with exposure to nature
- Comparisons: outdoor 'green' vs. urban / built  
outdoor 'green' vs. indoor  
laboratory – manipulate visual stimuli
- Mood, self-esteem, perceived stress, perceived exertion, physiology, social.

# Why did you want to attend the Business Impact School?

- To learn in relation to how the impact of my future research outputs can be maximised in business contexts
- To learn of the ways and extents to which businesses currently value nature
- To place my understanding of the current and potential future applications of my research under the eyes of business-orientated thinking

# ...the major opportunities and / or challenges for getting your research used by businesses?

## Challenges

- Awareness
- Understanding

## Opportunities

- Improve workplace task performance
- Improve psychological wellbeing and resilience