

NatureFit: Embrace the Wilderness with a Beginner's Exercise Routine

Day	Exercise	Duration	Description
Day 1	Campfire Yoga	30 minutes	Find a peaceful spot near your campsite, roll out your mat, and engage in a gentle yoga flow. Focus on stretching and strengthening your body while connecting with the natural surroundings.
	Nature Walk	45 minutes	Take a slow and mindful walk around your campsite or explore nearby trails. Immerse yourself in the sounds, scents, and sights of nature while enjoying a light cardiovascular exercise.
	Bodyweight Circuit	3 sets of 10 reps	Perform bodyweight exercises including push-ups, squats, lunges, and planks. Engage multiple muscle groups for a full-body workout.
Day 2	Hiking	1-2 hours	Research local trails in the camping area and embark on a hike that suits your fitness level. Ascend steep inclines, navigate rocky terrains, and take breaks to admire the scenic views. Stay hydrated throughout the hike.
	HIIT Circuit	3 sets of 30 sec	Perform high-intensity exercises including jumping jacks, mountain climbers, burpees, and high knees. Alternate between exercises and take brief recovery periods.
Day 3	Trail Running	30 minutes	Lace up your running shoes and hit the trails for an invigorating cardio workout. Embrace the uneven terrain, navigate inclines and declines, and enjoy the thrill of running amidst nature's beauty.
	Strength Training	3 sets of 10 reps	Incorporate natural elements into your strength training routine. Use fallen tree trunks for balance, boulders for weighted squats, and branches for resistance exercises. Ensure safety and proper form.

Food List for 3-4 Days:

Shopping List for 3-4 Days (4 people):

Food Item	Food Item	Quantity
Fresh fruits	Fresh fruits	8-10 pieces
Vegetables	Vegetables	As needed
Whole grain bread or wraps	Whole grain bread or wraps	2 loaves
Lean protein sources	Lean protein sources	1.5-2 kg
Eggs	Eggs	1 dozen
Greek yogurt or cottage cheese	Greek yogurt or cottage cheese	As needed (4 servings)
Nuts and seeds	Nuts and seeds	As needed
Granola or granola bars	Granola or granola bars	16-20 bars
Bottled water or water purification system	Bottled water or water purification system	As needed
Hydration tablets or electrolyte powders	Hydration tablets or electrolyte powders	As needed

FAT MAN LOST