Independent samples t-test showed the outdoor group reported higher psychological well-being markers in the pre-survey. Statistically significant difference for “awful” with indoor (M = 2.8421, SD=1.64192) and outdoor (M = 1.7333, SD=.96115); conditions (32)=2.32, p=.027. Paired samples t-test showed weak statistical significance for improved values for psychological well-being (M = 5.36, SD=1.24) and decreased values for psychological distress (M = 1.08, SD=1.87) in the indoor group pre to post.

There were no statistically significant differences between pre and post survey data, the outdoor environment did not garner higher response scores than the indoor group. Limitations included relatively small sample size, difference in age between outdoor and studio participants, as well as a hot summer in Germany, which may have impacted the perceived well-being scores.

Conclusions
Exercise is beneficial to psychological well-being, regardless of environment. The study did not provide evidence that green exercises elicited greater psychological responses, likely due to study limitations. The outdoor cohort, 50-70 years of age, demonstrated a heightened interest in outdoor programs. Indoor exercise classes should be encouraged as it decreases distress. Green exercise could foster anticipation of a more positive experience yet weather could impact mood outcomes. Intensity, hydration and shade should be prioritized. Future green exercise studies should include objective measures such as age and weather conditions.

Keywords: green exercise, outdoor, natural environment, psychological outcomes, subjective exercise experience scale