
Notes from the Health Sciences Library - February 17

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In a departure from the academic today . . . it's hard not to notice that we are getting A LOT of snow this week! This brings mixed reactions, I know, but I'm going to suggest embracing it. If you can get outside safely, there's big benefit to getting some exercise and fresh air.

"Exercising in natural environments was associated with greater feelings of revitalization and positive engagement, decreases in tension, confusion, anger, and depression, and increased energy." (1)

Some nearby snowy adventures:



the view at the Munter trailhead

Clarkson Trails

The Munter trail allows for beautiful views along the river. There's a trailhead at Stewart's parking lot. There are also several miles of recreation trails in the hill campus forest (the "Back 40"). These start from the parking lot just beyond the [Adirondack Lodge & water tower](#). Additional trails are tracked for XC skiing in the winter. The website offers detailed maps. The [Clarkson University Outing Club \(CUOC\)](#) has gear you can borrow - contact the appropriate group chair.

Higley Flow State Park

About a 20 minute drive from downtown Potsdam, the park offers miles of groomed XC ski trails out in the snowy woods. Snowshoeing is allowed also. Ski and snowshoe rentals available. Night skiing is offered every Tuesday evening.

Nicandri Nature Center

Located at Robert Moses State Park in Massena, about a 40 minute drive from downtown Potsdam. You can explore their winter trails on XC skis and snowshoes that are available for use for **FREE!**

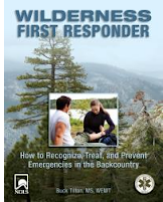
If you've got the gear, there are many more snowy adventures to be had. Explore [STLC Trails](#).

Get out there, have fun, and [get your endorphins up!](#) (2)

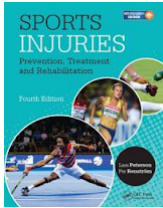
Resource Spotlight:



The Handbooks of Sports Medicine and Science : Cross Country Skiing



Wilderness First Responder : How to Recognize, Treat, and Prevent Emergencies in the Backcountry



Sports Injuries : Prevention, Treatment and Rehabilitation

(1) Thompson Coon, J., Boddy, K., Stein, K., Whear, R., Barton, J., & Depledge, M. H. (2011). Does participating in physical activity in outdoor natural environments have a greater effect on physical and mental wellbeing than physical activity indoors? A systematic review. *Environmental science & technology*, 45(5), 1761-1772.

(2) Mikkelsen, K., Stojanovska, L., Polenakovic, M., Bosevski, M., & Apostolopoulos, V. (2017). Exercise and mental health. *Maturitas*, 106, 48-56.

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Want to meet with me? [Check my calendar](#) to set up a Zoom meeting.