



SONS OF  
NORWAY

Newsletter Service  
September, October 2015



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Dear Lodge/District Editors:

Once again Sons of Norway is pleased to present you with the latest edition of the Newsletter Service. This complimentary service is created six times each year and provides a variety of information that may be used as a supplement to your lodge newsletter.

The Newsletter Service is primarily available online from the Sons of Norway website, which can be found at [www.sonsofnorway.com](http://www.sonsofnorway.com). However, if you wish to receive a printed hardcopy version, please contact us and ask to be added to the hardcopy recipient mailing list.

We hope you enjoy this issue and find its content to be beneficial. If you have any suggestions on how we can improve the Newsletter Service, please e-mail Erik Evans at [eevans@sofn.com](mailto:eevans@sofn.com).

Fraternally,

Linda Pederson  
Fraternal Director  
Sons of Norway



September • *september*

### There's Still Time to Recruit to Win!



As you know, new member recruitment is one of the most important things we all can do to support Sons of Norway and help the organization grow within our community. It can be as simple as identifying friends, family, neighbors or colleagues who share an interest in Norwegian heritage, volunteerism, or financial protection. Then, when you do, invite them to participate in an upcoming event or attend a lodge meeting. A simple invitation is often the best and most effective way to recruit a new member.

Now, to support our recruiting efforts, Sons of Norway has implemented some exciting changes for the Norwegian Experience Recruitment Contest. The 2015 program, which was created by Sons of Norway and our official travel partner, Borton Overseas, will recognize the efforts of members throughout the organization, rather than just a single recruiter.

This year Sons of Norway will award two plane tickets to Norway to the top recruiter in each district—that means someone in our district, maybe even in our lodge, will win a free trip to Norway! All you have to do is focus on recruiting new, dues-paying members into our lodge. All qualifying members recruited between Jan 1 and Dec 31, 2015 count towards the contest, so good luck!

If you have any questions about the program, be sure to contact headquarters at 612-821-4623.

Remember, this is a great contest because it's guaranteed that one of the winners is going to be from our district. What's more, the contest is sponsored by one of our organization's biggest supporters, and our official travel partner, Borton Overseas. They have a long history of helping make Sons of Norway members' dreams come true by planning amazing adventures to Norway. And don't forget—even if you don't win, Borton gives all members a 5% discount on travel booked through their offices. To learn more about this discount, call them at (612) 822-4640.

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### Spotlight on Volunteerism

Spotlight on Volunteerism is back and better than ever! Through the end of the year, Sons of Norway headquarters is collecting the best volunteer stories that lodges have to offer. Consider this an opportunity for us to show off all our hard work in making the community a better place. Here's how we can use the Spotlight on Volunteerism contest to showcase its great work:

First, what qualifies as a volunteer project? In the past, Sons of Norway lodges have done everything from hosting fundraising meals for local charities to assisting with local community clean ups. As long as our event benefits the community, it will likely qualify as a volunteer project.

How do we share our story? First, one of the volunteers will need to complete the simple submission form on the Spotlight on Volunteerism page, which can be found at [www.sonsofnorway.com/sov](http://www.sonsofnorway.com/sov). There you'll also find a complete list of rules for the contest. Once you're finished, send your story to [membership@sofn.com](mailto:membership@sofn.com) and you're in the running! Don't forget to include a photo, too!

Before you consider a volunteer project, remember there are a few rules. First, any volunteer project must be approved by the lodge and you have to be there as a representative of the lodge. Second, you'll need at least two people to participate in a project. This one should be easy, because we have some great members! Sons of Norway will also request a photo of the volunteer project, too.

At the end of the year, the top 5 volunteer stories will be open to voting on the Sons of Norway Facebook page. Once the voting concludes, the winning story will appear in a 2016 issue of *Viking*. Along the way, though, you can find outstanding examples of successful community service projects in the monthly *Recruitment & Retention* newsletter. If you aren't sure about what qualifies as a volunteer project, or you have other questions, contact Joe Eggers at [membership@sofn.com](mailto:membership@sofn.com) (800) 945-8851.

Happy volunteering!



### Connect with NorwayConnects!

Do you have a college student in your life?

Be sure to share [NorwayConnects.org](http://NorwayConnects.org) with them. The site is tailor made for young adults: On the site they'll find everything from the top study tips to a help understanding financial terms they'll need to succeed along with, of course, a healthy dose of Norwegian culture.

Once graduation arrives, NorwayConnects regularly posts jobs from companies and organizations looking for top tier talent. What are you waiting for?

Share NorwayConnects today!



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### Into the Woods: Norway and the Future Library

The Nordmarka forest sits just outside of Oslo. In a large clearing a thousand newly planted trees are growing. For now they are young and fresh, but they will grow tall over the next century, steadily reaching skyward as Norwegians, tourists and visitors hike past. What's special is that these are the trees that will one day play a major role in the Future Library project.

The Future Library is a century long project begun by the artist Katie Peterson. Every year as the trees grow, an author will be asked to write a secret manuscript. Nothing other than the title will be known to anyone until the unveiling one hundred years from now. Each year a manuscript will be added to Future Library and kept in a special room at the New Deichman public library in Oslo (*Deichmanske bibliotek*). Then, in 2115 the trees from the Nordmarka forest will be cut down to create the paper on which the books will finally be printed. In the meantime, no one will be able to read the works of the chosen authors, but visitors will be welcomed to the library where they can browse through the titles and speculate on what the stories will entail.

In many ways the project is a fundamentally hopeful one. In the age of e-books and quickly moving news, Future Library is taking the slow road. The books produced a hundred years from now will be made in a traditional and instantly recognizable style. Future Library is meant to bring together art and the natural world like the rings of a tree, slowly growing over time to leave a gift for future generations.

The first author to create a work for Future Library is Margaret Atwood, the award winning Canadian writer. The author for 2015 is Britain's David Mitchell. To make sure the project has long term support a trust has been founded, and every ten years new members will take over. Future Library is supported by the City of Oslo, and the Bjørvika Utvikling, a development in Oslo dedicated to revitalizing the port neighborhood of the city and to bringing art and culture to the city. Though the authors and members of the trust will be drawn from all over the world, the trees and books will remain in Norway.

### Fried Brunost with Cloudberry and Parsley

- 10-14 oz. Brunost brown cheese
- 1½ Cup panko (Japanese style bread crumbs)
- ½ Cup Flour
- 2 Eggs
- 1 Bunch flat leaf parsley
- 4 Cups cooling oil for frying
- 2 Cups of cloudberry
- ½-⅓ Cup sugar

Put the flour, eggs and panko bread crumbs into separate shallow containers. Pie plates or wide bowls are perfect.

Wash the parsley and set aside on a towel to dry.

Slice the Brunost into sticks. Dredge the cheese in the egg, flour and bread crumbs. Once you have coated all of the cheese place it on a plate and let it cool in the fridge.

While the cheese is cooling combine the cloudberry, lemon juice, zest and sugar. Stir gently until the sugar has dissolved. Stir occasionally while you cook the cheese until all of the ingredients are well combined and the cloudberry are lightly mashed.

Add the cooking oil to the frying pan and warm over medium high heat. You want a decent amount of oil in the pan, enough to let the cheese float and fry evenly. Fry the cheese quickly on both sides until it has a golden brown crunchy crust. Set the fried cheese on a paper towel to let some of the excess oil drain. Fry the parsley until it is crisp.

Serve with the cloudberry and parsley.



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*a little in English...*

#### **10th World Championship Gold for Dahle Flesjå: - Completely Raw Emotions**

The Bike Queen has triumphed over one of the toughest tracks she has ridden.

Gunn-Rita Dahle Flesjå won her 10th gold medal in mountain biking on Saturday. She won the marathon race in Italy's Val Gardena Saturday.

"It is a bit indescribable. It's very good to succeed. We have worked hard for this. To get to the top in one of the toughest World Cup slopes I've ridden brings on completely raw emotions," says Dahle Flesjå said.

The 60 kilometer-long trail is packed with climbs and is very demanding. It fit well for a strong climber like Dahle Flesjå. She crossed the finish line in 3 hours, 34 minutes and 13 seconds.

"I recognized early on that it felt really good. I managed to keep my rhythm up on the last mountain and found an opening at the top, which I managed to extend down the mountain, explains the bike queen.

Danish Annika Langvad took silver, while the bronze medal went to German Sabine Spitz. Flesjå did superbly, crossing the finish line over three minutes ahead of Langvad, the defending champion. The gap to Spitz was a distance of almost ten minutes.

#### **National Team Coach: "An incredible achievement"**

"She is in a class by herself, the biggest legend in mountain biking," national team coach Eddy Knudsen Storsæter told *Aftenposten* via telephone from Italy.

"It was one long parade route. An outstanding run," summarizes Storsæter.

Dahle Flesjå blasted the field already on the first long hill. At the top, she was ahead by a minute. On the grueling course, she increased her lead beyond that. Overall there were over 3,000 meters (3,280 yards) of climbing in the 37-mile-long course.

"It was about running my own race. There is a delicate balance of how much you can push yourself on this kind of course. I have a lot of experience and know my own body and how much it can withstand.

42 year-old Dahle Flesjå is a legend in the mountain biking community. In 2004 she won Olympic gold in Athens.

The Rogaland native has won World Championship gold in the marathon category five times previously. The last time was in 2005.

*litt på norsk...*

#### **VM-gull nummer ti til Dahle Flesjå: – En helt rå følelse**

Sykkeldronningen triumferte i en av de hardeste løypene hun har syklet.

Gunn-Rita Dahle Flesjå tok lørdag sitt 10. VM-gull i terrengsykling. Hun vant maratongrenen i italienske Val Gardena lørdag.

– Det er litt ubeskrivelig. Det er veldig godt å lykkes. Vi har jobbet hardt for dette. Å gå til topps i en av de tøffeste VM-løypene jeg har kjørt er en helt rå følelse, sier Dahle Flesjå til NTB.

Den 60 kilometer lange løypen er spekket med høydemeter og er svært krevende. Den passet dermed godt for klatresterke Dahle Flesjå. Hun krysset målstreken etter 3 timer, 34 minutter og 13 sekunder.

– Jeg kjente tidlig at det kjentes veldig godt ut. Jeg klarte å holde min egen rytme opp det siste fjellet og fikk en luke på toppen, som jeg klarte å øke ned fra fjellet, forklarer sykkeldronningen.

Danske Annika Langvad tok sølv, mens bronsemedaljen tilfalt tyske Sabine Spitz. Flesjå var suveren og kom i mål over tre minutter foran Langvad, som var regjerende mester. Ned til Spitz var avstanden på nesten ti minutter.

#### **Landslagssjef: – En utrolig prestasjon**

– Hun er i særklasse den største legenden innenfor terrengsykling, konstaterer landslagssjef Eddy Knudsen Storsæter til *Aftenposten* via telefon fra Italia.

– Det var en eneste lang parademarsj. Et klasseløp, oppsummer Storsæter.

Dahle Flesjå sprenget feltet allerede i den første lange bakken. På toppen av den hadde hun ett minutt forsprang. I den knallharde løypen økte hun forspranget utover. Totalt var det over 3000 høydemeter i den seks mil lange løypen.

– Det handlet om å kjøre mitt eget løp. Det er en hårfin balanse hvor mye man kan presse seg i en slik løype. Jeg har mye erfaring og kjenner min egen kropp og hvor mye den tåler veldig godt.

42 år gamle Dahle Flesjå er en legende i terrengsykkelmiljøet. I 2004 vant hun OL-gull i Athen.

Rogalendingen har vunnet VM-gull i maraton hele fem ganger tidligere. Sist i 2005.



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“Many have written her off before, but she has a huge ‘drive.’ For me as the national team coach it is a huge motivator to have this kind of athlete on the team,” praised the coach.

#### Looking Forward to Rio

In 2016 the Olympics will be held in Rio de Janeiro. In October, a delegation is heading over to participate in the trial Olympics. The goal is for Dahle Flesjå to be as prepared as possible. The chances of repeating her Athens success are there - despite the fact that she will be 43 years old when the Games are held.

“She can fight for the gold; that’s what the focus is. The podium is the target, regardless,” said the national team coach.

He believes that the bicycle queen can hold on for three or four more years. As long as she receives good support from her husband Kenneth and the cycling federation.

– Mange har avskrevet henne tidligere, men hun har en enorm «drive». For meg som landslagssjef er det enormt motiverende å ha en sånn utøver på laget, roser landslagssjefen.

#### Gleder seg til Rio

I 2016 arrangeres OL i Rio de Janeiro. I oktober drar en delegasjon over for å delta i prøve-OL. Målet er at Dahle Flesjå skal være så godt forberedt som mulig. Sjansene for å gjenta suksessen fra Athen er til stede - til tross for at hun vil være 43 år når lekene arrangeres.

– Hun kan kjempe om gullet, det er det som er fokuset. Pallen er uansett målet, sier landslagssjefen.

Han tror sykkeldronningen kan holde på i tre-fire år til. Så lenge hun får god støtte av mannen Kenneth og sykkelforbundet.



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### New Sons of Norway Member Discounts

If you haven't heard yet, Sons of Norway has recently made some major improvements to its member discount program!

Thanks to a new partnership, all Sons of Norway members now have exclusive access to PerkSpot, a one-stop shop for thousands of discounts from hundreds of local and national retailers.



If you love travel, there are now have discounts on domestic and international airfares, rental cars, hotels, and travel insurance. Do you enjoy an active lifestyle? Your Sons of Norway membership now offers savings on health clubs, sporting goods and fitness equipment. Or maybe you prefer to relax at home? Then you'll love the offers for garden & patio items, home décor, and bed & bath products.

In fact, your discounts don't end there—Sons of Norway members will now enjoy savings in more than 100 categories, including:

Apparel	Automotive	Beauty & Fragrance
Books	Cell Phones	Computers
Electronics	Entertainment	Financial Services
Food	Gift Items	Health & Wellness Products
Home & Garden	Magazines	Movies
Jewelry	Outdoors Equipment	Travel

But that's not all! PerkSpot works hard to add new offers every month to enhance the program. Once you create your account, you can start saving today!

To start taking advantage of all the new offerings, visit [www.sonsofnorway.com/discounts](http://www.sonsofnorway.com/discounts).

### Fennel Salad with Dill and Corriander *adapted from New Scandinavian Kitchen*

- 2 fennel bulbs
- 3 spring onions
- 10 dried coriander seeds
- 1 cup freshly pressed orange juice
- 3-4 tablespoons white wine (may be left out)

#### Vinagrette Dressing

- 1/4 cup olive oil
- 1/4 cup finely chopped dill
- Juice of 1 lemon

Rinse and dry the fennel bulbs. Slice the fennel bulbs into 1½ inch slices.

In a large fry at moderate heat add your oil and let it come to temperature. Add the fennel, onion and coriander to the pan and sauté for 3-4 minutes.

Add the wine and orange juice and cover with a lid. Let simmer until soft.

#### To make the vinaigrette

When the fennel is soft remove the lid and season with salt and pepper. Mix in the oil, dill and lemon juice.



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#### Tromsø, Norway: A Rising Northern Star

It seems the world is finally catching on to something Norwegians have known all along: there are many things for tourists to see and do in Norway, even above the Arctic Circle. The city of Tromsø, which is known as the “Arctic Capital,” is a great example, having been recently named one of *Lonely Planet’s Best Places to Visit in Europe*<sup>1</sup>. While the top 10 list includes plenty of scenery and activities, none are quite as unique as those offered by this Norwegian gem.



The city sits 200 miles north of the Arctic Circle, and with each season comes major changes in temperature and availability of sunlight for residents and visitors. For example, winter brings the Polar Night, a time when the sun sets in November and won’t rise again until January, is followed by slowly increasing amounts of daylight. This change peaks from May to June, when Tromsø enters the time of the Midnight Sun. Like most Norwegians, the residents of this jewel of the North enjoy outdoor activities all year round. As Lonely Planet notes, there is no shortage of ways to enjoy the great outdoors surrounding Tromsø. For nature enthusiasts there are a variety of wildlife excursions, like whale watching trips, and opportunities experience the natural wonders of Tromsø by foot or dogsled. For those looking to enjoy the fjords there is also kayaking and fishing. All night trips are offered in every season, for those seeking Northern Lights or the feel of a never-ending sunset.

For those who prefer a more “urban” experience, Tromsø also has much to offer. The main shopping and entertainment street in the city center is a pedestrian paradise where people stroll, shop and enjoy the city. The city is also home to wide array of festivals, throughout the year—from music to film to cultural events, there is always something happening to draw in visitors.

Although it is still more than a year away, Tromsø is already anticipating the grand opening of Krystall, a hotel that is being built in the fjord. Yes, the snowflake shaped, floating hotel will be in the fjord, resting on the surface of the sea. Krystall is being built as a luxury hotel that will leave no lasting environmental impact. It will also offer guests the possibility of sleeping under a glass roof that will allow the Northern Lights to dance across the bedspread. It will be yet another beautiful reason Tromsø deserves to be among the top destinations in Europe.

<sup>1</sup> <http://www.lonelyplanet.com/travel-tips-and-articles/lonely-planets-best-places-in-europe-2015#ixzz3dLfp9G5q>



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### Facts about Leif Erikson Day - October 9th

Leif Erikson Day is upon us and in honor of the occasion we've put together some facts about the man, the legend and the celebration.

#### The Name

The spelling of his name varies from culture to culture. Icelanders call him Leifur Eiríksson, Norwegians use Leiv Eiriksson and, in Old Norse, he was called Leifr Eiríksson. But the American observance uses the more familiar spelling of Leif Erikson.

#### The Explorer

Leif was born around 960-970 A.D. in Iceland to Norwegian parents, and spent time in Norway and Greenland, so he is claimed by many, while also being referred to as Viking and Norse. He earned the nickname Leif the Lucky after rescuing a crew of 15 shipwrecked Icelanders.

Icelandic sagas tell us that Erikson established a settlement called Vinland (believed to be in northern Newfoundland at L'Anse aux Meadows) around the year 1001 A.D., four centuries before the birth of Columbus. Erikson was only 24 when he captained this voyage. He bought a boat and set out on commission by Norway's King Olav I to bring Christianity to other lands. Erikson was trying to find a place that his friend Bjarni Herjólfsson had told him about— Herjólfsson had sighted the coast in 986, without going ashore. Erikson and his group settled and stayed at Vinland for a winter, before returning to Greenland.



#### The Holiday

While Leif Erikson was first acknowledged on a national stage by President Calvin Coolidge in 1925, the official observance of Leif Erikson Day in the United States wouldn't begin until 1964. It was then that Congress approved a resolution proposed by Hubert H. Humphrey, and then Lyndon B. Johnson declared Leif Erikson Day to be October 9th. Almost 40 years prior, Calvin Coolidge had acknowledged the idea that Leif had landed on North American shores nearly 500 years before Christopher Columbus. Leif Erikson Day had already been observed in Minnesota and Wisconsin since the 1930s and took hold in South Dakota, Illinois, Colorado, Washington and California by 1956.

#### The Date

October 9th has no special connection to Leif Erikson—there is no record of the actual date that he set foot on North America—but the date plays a role in later Norwegian immigration. On October 9, 1825, the sloop "Restaurationen" landed in New York, carrying the first group of Norwegian Quakers, led by renowned pioneer Cleng Peerson. That passage began a wave of Norwegian immigration that lasted for over 70 years and brought hundreds of thousands of Norwegians to North American shores.



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*a little in English...*

#### **Outdoor Exercise Most Tempting for Couch Potatoes**

It is the people who are the least physically active, who are tempted the most by exercising outdoors. Also, those who exercise hard think it's perfectly fine to be inside at the gym.

Exercising in nature reduces stress. This is nothing new. But Giovanna Calogiuri has also found that those who previously exercised the least are the most tempted by outdoor exercise.

“Not everyone likes the term ‘green exercise.’ But it is about physical activity in nature. It is not the same as ‘friluftsliv,’ (outdoor life/outdoorsiness) because friluftsliv denotes closer contact with nature,” explains Calogiuri. “Green exercise is regular exercise, but in green surroundings.”

Calogiuri is an associate professor at the University College of Hedmark. She has studied the available papers on green exercise.

#### **Nature vs. Stress**

“It started with a small pilot project at NMBU. The most interesting facet involved the levels of the stress hormone cortisol,” she says.

When you wake up, cortisol levels are high – the hormone helps you get out of bed. Then it sinks after a half hour to an hour. “Afterwards, we let a small group exercise either in contact with nature or indoors at a gym. It turned out that those who had contact with nature found that cortisol levels dropped faster. It suggests an effect on stress levels,” explains Calogiuri.

#### **Popular Hikes**

Then she got access to a survey from FRIFO; an organization that is currently called Norsk Friluftsliv, Norwegian Outdoor Life.

“It shows that physical activity is quite popular in Norway, and that walking or exercising in nature is the most popular. The interesting thing is that people with a lower level of activity seem to prefer exercising in nature more than others do,” she says.

*litt på norsk...*

#### **Trening i naturen frister lite aktive mest**

Det er de som er minst fysisk aktive, som fristes mest av å trene ute i naturen. De som trener hardt, synes det er helt greit å være inne på treningssenteret, også.

Trening i naturen reduserer stress. Det er ikke nytt. Men Giovanna Calogiuri har også funnet ut at det er de som trener minst fra før, som fristes mest av grønn trening.

– Det er ikke alle som liker begrepet «grønn trening». Men det dreier seg om fysisk aktivitet i naturen. Det er ikke det samme som «friluftsliv», fordi friluftsliv signaliserer nærmere kontakt med naturen, forklarer Calogiuri. Den grønne treningen er ordinær trening, men i grønne omgivelser.

Calogiuri er førsteamanuensis ved Høgskolen i Hedmark. Hun har gått gjennom litteratur om grønn trening.

#### **Natur mot stress**

– Det begynte med et lite pilotprosjekt ved NMBU. Det mest interessante var nivåene av stresshormonet kortisol, forteller hun.

Når du våkner, er kortisolnivået høyt – hormonet hjelper deg med å komme deg opp av senga. Så synker det etter en halvtime til en time.

– Etterpå lot vi en liten gruppe trene enten i kontakt med naturen eller innendørs på et treningssenter. Det viste seg at de som hadde kontakt med naturen, opplevde at kortisolnivået falt raskere. Det tyder på en effekt på stressnivået, forklarer Calogiuri.

#### **Populær tur**

I neste omgang fikk hun tilgang til en spørreundersøkelse fra Frifo; fellesorganisasjonen som i dag heter Norsk Friluftsliv.

– Den viser at fysisk aktivitet er ganske populært i Norge, og at tur eller trening i naturen er det mest populære. Det interessante er at mennesker med et lavere aktivitetsnivå ser ut til å foretrekke trening i naturen mer enn andre, sier hun.



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When those who are least active need to be encouraged to exercise, it seems therefore best if they can be lured into the green.

“This suggests that this may be a way to increase physical activity,” says Calogiuri.

#### **Feel-Good Exercisers**

What types of people will exercise more if they can do it outdoors? First and foremost, it is those who exercise to feel well. Her preliminary findings show that it is those who exercise because they like it.

Those who exercise primarily because of health or weight would probably rather work out at the gym.

#### **Fast and Easy**

Another important discovery is that those who exercise outdoors are motivated by easy and comfortable fixes.

“Wanting to save time and having the opportunity to engage in physical activity when it suits you, at your own pace, is also an indicator that you will take part in green exercise. However, this inclination implies that you will not be active in sports or go to the gym,” says Giovanna Calogiuri.

#### **Town and Country**

Of course it helps to actually enjoy nature. But it doesn't matter if you live far away or close to a park or the woods, and there are no discernible differences between urban and rural areas.

Green exercise is the most popular form of physical activity regardless of which groups are asked. But it is especially important for the people who exercise less than the recommended amount, because they engage in much less exercise

Calogiuri emphasizes that her statistics have faults. The 2200 who responded to the survey is well balanced in age, gender and geography, but the physically active are over-represented.

Når de som er minst aktive, skal oppmuntres til å trene, virker det altså best om de kan lokkes ut i det grønne.

– Det tyder på at dette kan være en måte å øke den fysiske aktiviteten på, konstaterer Calogiuri.

#### **Velværettrimmere**

Men hvem er det som vil trene mer om de kan gjøre det ute i naturen? Først og fremst de som trener for å føle seg vel. De som trener fordi de liker det, viser de foreløpige funnene hennes.

De som trener først og fremst på grunn av helse eller vekt, de vil sannsynligvis heller trene på helsestudio.

#### **Kjapt og lettvinnt**

Et annet viktig varsel om at her skal det trenes ute, er at du er opptatt av det lettvinne og bekvemme.

– At du er opptatt av å spare tid og å ha muligheten til å drive fysisk aktivitet når det passer deg best, i ditt eget tempo, er også en pekepinn på at du vil trene grønt. Derimot varsler det at du ikke vil drive aktiv idrett eller trene på treningssenter, forteller Giovanna Calogiuri.

#### **By og land dann og vann**

Selvsagt hjelper det å faktisk være glad i naturen. Derimot spiller det ingen rolle om du bor langt unna eller like i nærheten av en park eller en skog, og det er eller ikke noen synlige forskjeller mellom by og bygd.

Grønn trening er den mest populære formen for fysisk aktivitet uansett hvilke grupper som blir spurt. Men det er spesielt hos dem som trener mindre enn anbefalt, at den grønne treningen er viktig – fordi de driver så lite annen trening.

Calogiuri understreker at tallene hennes har svakheter. De 2200 som har svart på undersøkelsen, er godt balansert i alder, kjønn og geografi, men de fysisk aktive er overrepresentert.