# Benefits Of Spending Time Outdoors

## Health Benefits From Being in Nature



Improves Mental Health



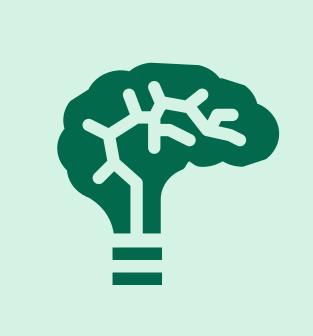
Improves Sleep



### **Enhances Immune System Function**



#### **Fosters Social Connection**



#### Sharpens Focus



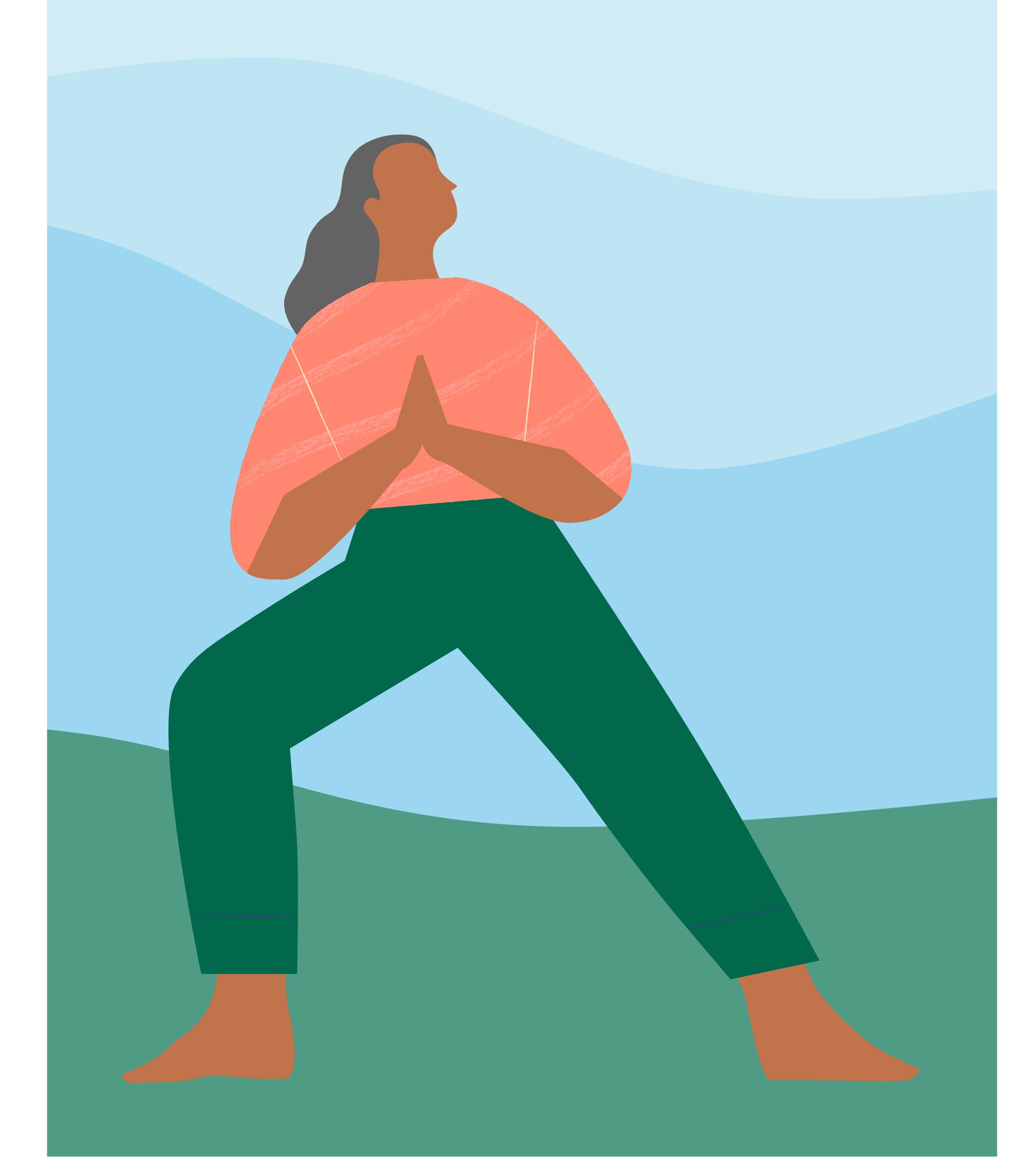


**Inspires Physical Activity** 

## Outdoor Activity Ideas

Outdoor Exercise: walking, jogging, yoga, hiking, biking, etc.

 Forest Bathe: lying in a hammock, reading a book on a bench, birdwatching, etc.



Visit a Local Park: picnic with loved ones, socialize with neighbors, etc.

 Tend to Your Garden: tend to flowers, nurture homegrown produce, refill bird feeders, etc.

 Pass Time By The Water: fishing, kayaking, beach walks, boating, etc.

 Socialize Outdoors: visit a new brewery, stop by a local market, tour an outlet mall, etc.