Benefits Of Spending Time Outdoors

Health Benefits From Being in Nature



Improves Mental Health



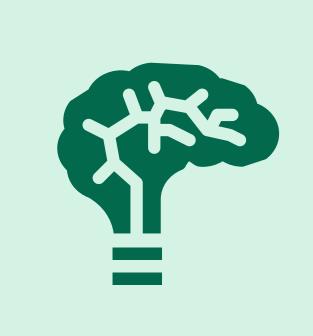
Improves Sleep



Enhances Immune System Function



Fosters Social Connection



Sharpens Focus



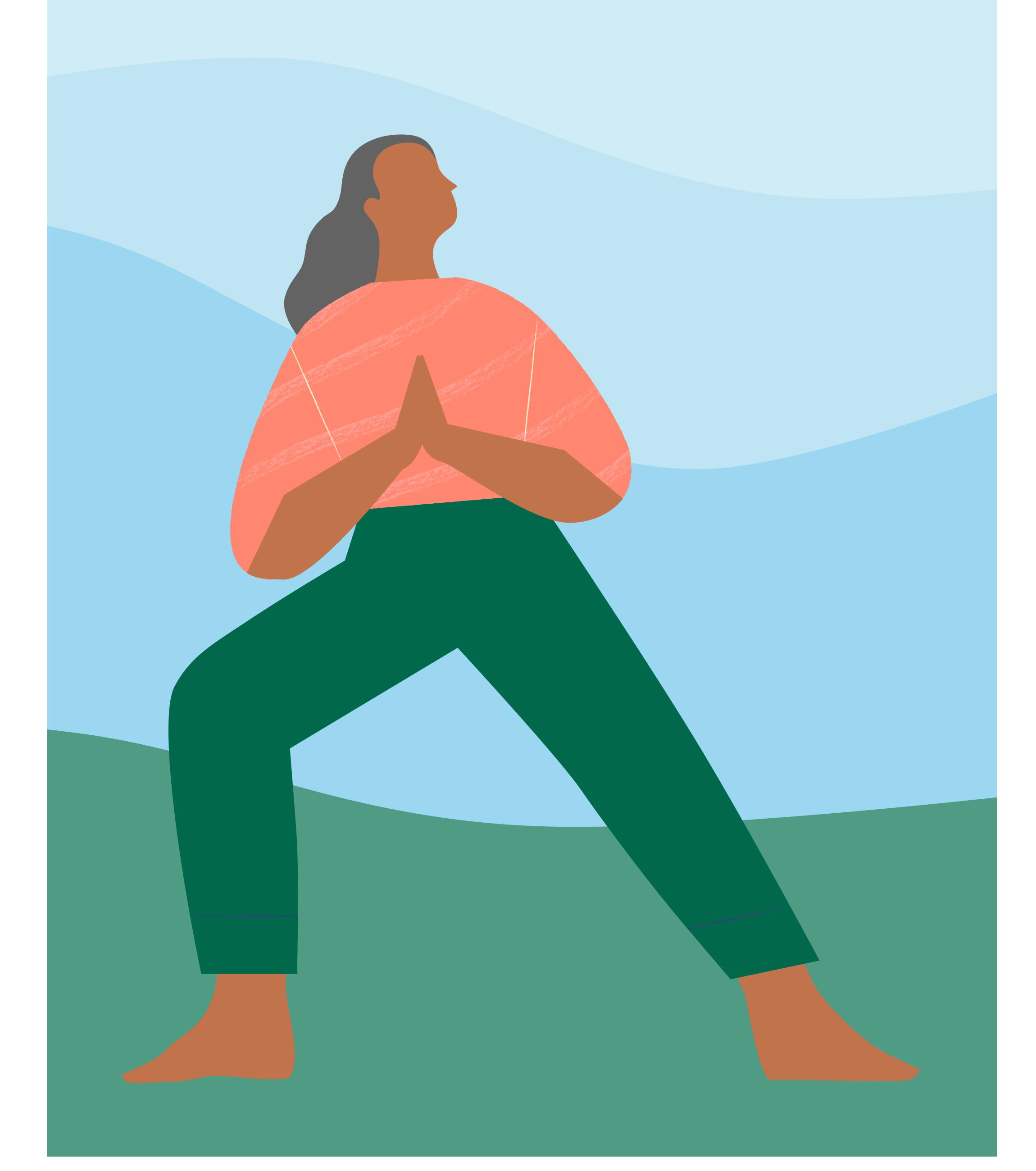


Inspires Physical Activity

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.