



GETTING OUTSIDE

The Benefits of Getting Outside

According to the American Psychological Association and the US Department of Agriculture, as well as numerous other organizations, spending time outdoors is good for your mind and body. There are countless benefits when it comes to spending time outside and how that time can positively impact your health.

Physical and Mental Benefits of Getting Outside

- Boosts Mental Health
- Improves Cognitive Function
- Encourages Physical Activity
- Strengthens Immune System
- Promotes Better Sleep
- Promotes Better Breathing
- Reduces Stress and Anxiety
- Boosts Creativity

Quick Tips to Get Outside More

- Take a 10-minute walk during lunch
- Eat outside when possible
- Try weekend hikes or check out local parks
- Unplug from screens and listen to nature
- Enjoy your favorite book while outside
- Garden or go birdwatching

One thing to remember, you don't need to be in a remote forest to reap the benefits of being outdoors—any green space or natural light counts.