

HERE'S TO HEALTH

Being outside can improve memory, fight depression and lower blood pressure.

Reasons to spend more time outdoors:

1. Walking in nature can improve short-term memory.
2. Lowers cortisol levels thereby lowering stress.
3. Reduces inflammation.
4. Lowers mental fatigue which helps eliminate malaise.
5. Alleviates depression and anxiety.



OUTDOOR ACTIVITY EDITION

Unplug from the daily grind and get outside!


AssuredPartners

Get Outside and Learn

- Go Fishing
- Yoga Outdoors
- Use a Compass
- Hammock with a Book

Outdoors Away from Home

- Berry Picking
- Go Hiking
- Farmers Market
- Picnic in the Park

Outdoor Artist Activities

- Paint Garden Pots
- Paint Leaves
- Journal in Nature
- Decorate Rocks

