

# HERE'S TO HEALTH

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.

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



## 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

