

live well, work well

Health and wellness tips for your work, home and life—brought to you by the insurance and healthcare specialists at M3.

## Get Active Outside

Getting the recommended amount of physical activity every day doesn't have to be a chore. An easy way to make activity fun for the whole family is playing outside.

Getting outdoors is a great way for your family to enjoy developing an active lifestyle.

### Why Outside?

Why not? Regular exercise in nature has been proven to improve children's mental and physical health. Outdoor activity also helps kids – and adults – maintain a healthy weight, boost immunity and lower stress.

### Where to Go

There are many different places you can go to get active outside. You can stay as close as your back yard or take a short trip across your state. Visit a local park, playground or recreation area, or check out a state or national park. Not sure where to find one in your area? The Let's Move! initiative's website provides links for places to go: [www.letsmove.gov/where-go](http://www.letsmove.gov/where-go).

### What to Do

It's easy to find affordable activities that will help bring your family together as you enjoy the outdoors.

Travel by foot. From walking around the block to hiking up a mountain, there are many new places to explore on foot. Hiking and walking have been shown to improve cardiovascular health and even help you lose weight if you walk regularly.

Ride your bikes. Riding a bike helps improve balance and endurance. Biking is a fun, family-friendly activity that you can all use to stay healthy and get places faster.

Go swimming. This low-impact activity burns more calories per hour than almost any other activity, and has been shown to improve strength, flexibility and cardiovascular health.

### What to Bring

If you're spending more than an hour or two at your activity, make sure you bring these essentials to keep it safe and fun.

- Drinking water to stay hydrated
- Healthy snacks like nuts and carrot sticks
- Sunscreen, hat and sunglasses to protect from the sun's UV rays
- Rain gear
- Extra layers in case it gets chilly
- Backpack to carry everything



## Did You Know...?

The U.S. Forest Service and community partners have created the National Get Outdoors Day (or GO Day) to encourage families to have fun reconnecting with nature and trying new activities. GO Day is celebrated on June 11.