



THE SUMMER BENEFITS OF

HEADING OUTDOORS



Relaxation

Studies show that spending time outdoors can decrease levels of cortisol, lower blood pressure and reduce other causes of stress. Taking in some fresh air is the best solution to instant relaxation.



Mental Health

Research has shown that simply spending time in green spaces can uplift your mood and reduce feelings of loneliness, worthlessness and sadness.



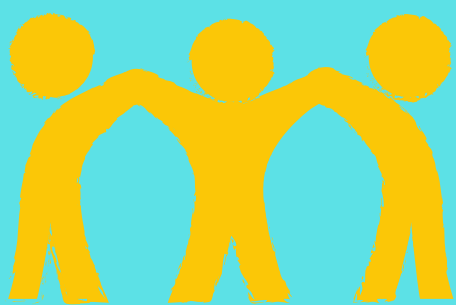
Physical Activity

Exercise is vital to healthy living, and heading outdoors encourages you to get moving in many different ways—whether biking, running or even just strolling!



Perspective

Soaking in the beauty of nature can spark feelings of generosity, perspective and selflessness. Peaceful surroundings can help you find yourself, as well as God.



Social

Seeing and interacting with others fights loneliness. Meeting up with both friends and strangers can help you expand your circles and sociability.