



# OUTDOOR



## Go Outside...

**It's good for your physical and mental health**

### ACTIVITY

- Walk
- Bicycle
- Garden
- Swim
- Hike
- Yoga

- Walk the dog
- Go to playground
- Relax/reflect
- Explore a trail
- Play
- Other \_\_\_\_\_

### HOW OFTEN?

- 15 minutes, 5 days/week
- 1 hour/day, 5 days/week
- 1/2 day to 1 day in nature, 1x/month

**Find tips, maps, and more at [thrivingweld.com](http://thrivingweld.com)**

