



OUTDOOR



Go Outside...

It's good for your physical and mental health

ACTIVITY

Walk

Bicycle

Garden

Swim

Hike

Walk the dog

Go to playground

Explore a trail

Yoga

Other _____

Reflect*

HOW OFTEN?

15 minutes,
5 days/week

1 hour/day,
5 days/week

1/2 day to 1
day in nature,
1x/month



***Reflective time
in nature is key for
maximum benefits**



**Thriving
Weld**

Find tips, maps, and more at thrivingweld.com