

Enjoy the Outdoors Challenge

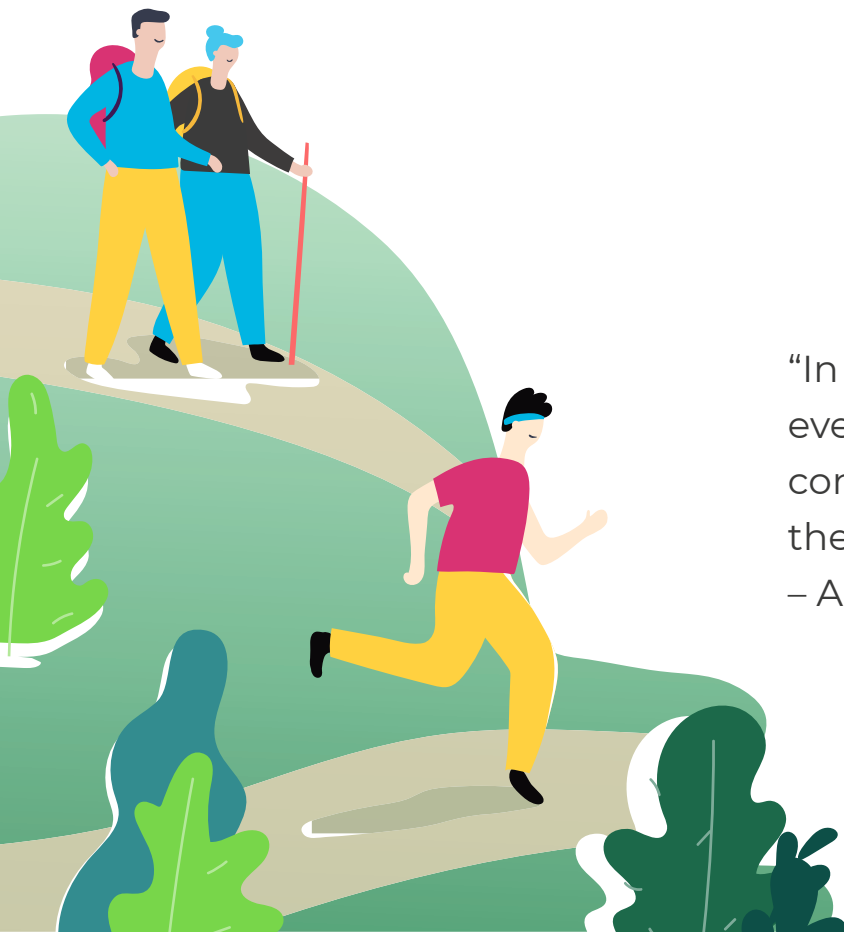


How it Works

Spending time outdoors in nature is known to reduce mental health issues like anxiety and depression. For those who have spent more time than normal indoors, now is the time to rejuvenate and explore the great outdoors. Outdoor adventurers will notice mood boosts, cognitive benefits, and overall emotional well-being. Over the next month, encourage your employees to check off as many of these outdoor activities as possible.

Engagement Ideas

- Share the checklist printable
- Explore a local trail as a team
- Have a midweek outdoor BBQ
- Host a workplace roadside clean-up
- Set up an outdoor obstacle course for a fun day



“In nature, nothing is perfect and everything is perfect. Trees can be contorted, bent in weird ways, and they’re still beautiful.”

– Alice Walker

21 Ways to Enjoy the Outdoors Checklist

You don't have to love camping to enjoy the beauty — and serenity — of the outdoors. Research proves that time outdoors is time well spent when it comes to your physical and emotional health. Explore your outdoor backyard with this fun checklist to get you outside for your health!

- Fly a kite
- Go for a run
- Start a garden
- Identify a bird
- Go swimming
- Ride your bike
- Hike a local trail
- Play in the rain
- Visit a state park
- Try paddleboarding
- Camp out overnight
- Visit a national park
- Clean up a local park
- Skip stones across a lake
- Use a compass on a trail
- Watch the sunrise or sunset
- Make wind chimes to hang up outside
- BBQ in a local park or your backyard
- Enjoy a picnic with family or friends
- Sunbathe (with sunscreen, of course)
- Splash in a creek, puddle, or stream

