

MOVEMENT

OUTDOOR WELLNESS:

Simple Seasonal Activities for Better Health, Sleep & Focus

Though the days are getting shorter and colder, we still receive mental and physical health benefits from being outdoors. Consider these suggestions for incorporating time outdoors this season.

Pick Seasonal Produce

Apple or pumpkin picking provide natural exercise, fresh air, and a healthy harvest rich in fiber, vitamin C, and beta-carotene. Turn the trip into a family tradition!

Take a Hike for Stress Relief

Hiking combines movement with stress management, strengthening your body while giving your mind a chance to recharge through moving meditation.

Make Short Walks a Daily Ritual

A 10 or 15 minute walk in the morning sunlight helps regulate our circadian rhythms, promoting better sleep, productivity, and digestion, and in the afternoon or evening can help improve mood and focus.



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