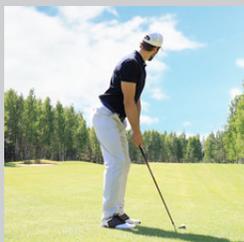


Whether you want to get some fresh air with the kids, spend time with friends or find your next personal challenge, getting active outdoors is great for the mind, body and soul!

# Get Movin!

## It's Summer So Let's Get Moving!

Looking for a way to get healthy? Get outdoors! Walking or being physically active outdoors is an easy, low-cost way to boost your physical and mental health. Start slowly, work up to a satisfactory level, and do not overdo it. Develop a workout routine or try something different every day.



## How to work in a workout

When you're busy, making time for fitness can take careful planning. But there are lots of ways to sneak in a few minutes here and there, so you can get your 30 minutes of exercise each day. Getting the recommended amount of physical activity every day doesn't have to be a chore. Being active outdoors is a great way for you to reconnect with nature and stay healthy.



## CHOOSE YOUR MOVE!

### Easier Activities:

- Easy trail hike
- Light gardening
- Dancing
- Playing golf
- Bicycling at a leisurely pace
- Walking 10 to 20 minutes
- Swimming

### Harder Activities:

- Running/jogging
- Bicycling quickly
- Walking a half hour or more
- Heavy yard work
- Basketball
- Jumping rope
- Soccer