

# OUTDOOR REFRESH

ACTIVITIES TO RECHARGE



# PICNIC

Getting together with friends or family to have a picnic in the park can be a great way to recharge. Hang up your devices and enjoy good company and good food.



# GARDENING

Gardening is an excellent way to connect with nature while getting some light exercise. And you can grow foods that will boost your health.



# BIRD WATCHING

Bird watching can be very relaxing. You can bring a camera and get some cool shots of many kinds of birds. It can also be an educational opportunity for children.





# HIKING

Hiking is one of the best ways to see the outside world. Some long hikes can be fun but quite grueling. Making it shorter or finding an easy trail can be very grounding and relaxing.



# FISHING

Fishing is great to do alone or with a partner. You get to cast a line and if the fish aren't biting, you'll learn a great lesson in patience.



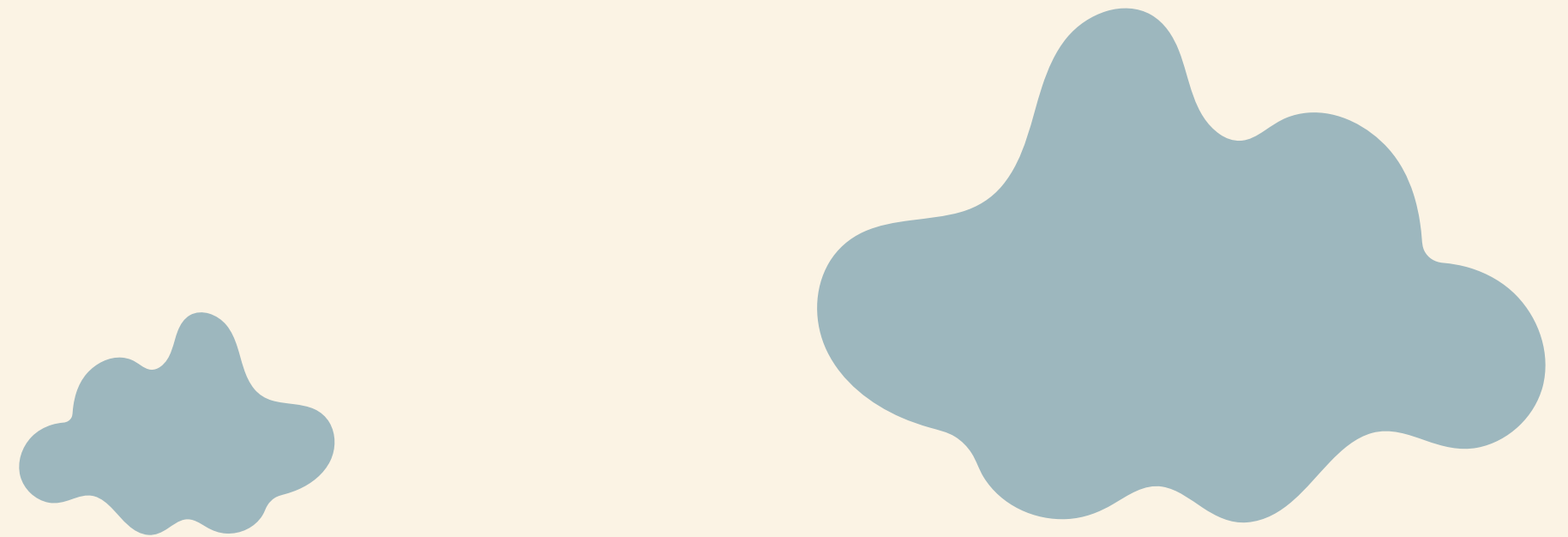
# YOGA OUTSIDE

Move your yoga routine outside. Find a nice shaded area and trade your yoga music playlist out for the sounds of nature. Rustling tree branches, crashing waves, and chirping bugs make a great soundtrack.



# SWIMMING

Swimming is excellent exercise and floating can make you feel weightless and present in the moment. Pool, lake, beach - it doesn't matter - be safe.



# READING

Take your favorite book to the park.  
Pack a snack, find a bench or a  
comfortable place to set up, and get  
lost in your read.

