



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by The Reschini Group



## GET ACTIVE OUTSIDE

Getting the recommended amount of physical activity every day doesn't have to be a chore. An easy way to make exercise fun for the whole family is by playing outside. Being active outdoors is a great way for you to reconnect with nature and stay healthy.

### Why Exercise Outside?

Exercising in nature has been proven to improve one's mental and physical health. Being outside also helps to promote higher vitamin D levels, a vitamin the body makes when skin is directly exposed to the sun. Many people are deficient in vitamin D, so exercising outside can be a great way to correct that.

In addition, outdoor activity can help you maintain a healthy weight, boost immunity, and lower stress. Exercising outside can feel less routine than working out in a gym.

### Where to Go

There are many different places you can go to be active outside. You can exercise in your backyard or visit a local, state, or national park.

### What to Do

It's easy to find affordable activities that you can enjoy outdoors. Some of these activities include:

- **Walking or hiking**—Go for a walk around the block after work or after dinner to get your heart pumping. Hiking and walking have been proven to improve heart health and can help you maintain a healthy waistline.
- **Ride your bike**—Riding a bike helps improve balance and endurance. Biking is a fun,

a fun, family-friendly activity that everyone can enjoy. Consider biking to work or school to sneak in some extra exercise during the week.

- **Go swimming**—This low-impact activity burns more calories per hour than almost any other activity, and has been shown to improve strength, flexibility, and cardiovascular health.

### What to Bring

If you're spending more than an hour or two outside, make sure you bring these items with you:

- Water so that you can stay hydrated, especially if it is warm outside
- Healthy snacks like nuts and carrot sticks
- Sunscreen, a hat, and sunglasses to protect yourself from the sun's rays
- Rain gear if rain is in the forecast
- Extra layers in case it gets cool outside
- A backpack so you can carry all of your supplies with you

