



Build Outdoor Habits that Stick

Spending even just a few minutes outside can lower stress, improve focus, and support physical health and mental well-being. Here is a simple, flexible schedule to help you get started.

Each week, pick one activity from each category below for a total of three. You choose the days and the pace that works for you. The goal is to build a set of habits that work for your schedule.

□ 5–10 minutes

→ Eat one meal outdoors.

Enjoy your breakfast, lunch, or dinner in a park, backyard, or on your balcony.

→ Stretch or move outside.

Take a quick stretch break in fresh air or try a simple breathing exercise.

□ 10–30 minutes

→ Take an indoor activity outside.

Take your reading, journaling, or morning coffee to your porch or a park bench.

→ Share a walk with someone.

Catch up with a friend, neighbor, or take your pet for a walk in nature.

□ 30 mins or more

→ Do an outdoor exercise.

Try biking, hiking, running, or a group fitness class in your local park.

→ Explore someplace new.

Visit a local trail, beach, or garden you've never been to before.

Remember, there's no one correct way to spend time outside, the key is to start!

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