



# 10 Minute Outdoor Kickstart

Many of us feel better after time outside, but it is hard to fit in during busy weeks.

**Mood, sleep, and heart health.**

**1**

## Step 1: Light + breathe (2 min)

- Stand or sit outside where you feel comfortable. Sun or shade both work.
- Inhale through your nose for 4, exhale for 6. Repeat 6 to 8 times.
- Allergy tip: choose a breezy spot, and avoid tall grass or heavy pollen areas.

**2**

## Step 2: Easy movement (5 min)

### Pick one:

- Stretch for 1 minute, then walk
- 2 minutes of stairs, then easy walk
- Gentle yard work
- Slow bike ride

### Allergy friendly swaps:

- Go after rain, or later in the day when pollen may be lower.
- Wear sunglasses and a hat.
- Choose paved paths over tall grass.

**3**

## Step 3: Cool down + water (2 min)

- Slow your pace. Roll your shoulders and unclench your hands.
- Drink water.
- Hot day: move to shade and take a few slower breaths.

**4**

## Step 4: One small check in (1 min)

### Choose one:

- What do I want more of this week?
- What is one small thing I can do today that helps future me?
- Name one win from the last 24 hours.

### Safety Notes

- Heat: Stop if dizzy, sick, confused, or head hurts.
- Hydration: Bring water if hot or out 15+ minutes.
- Sun: Sunscreen, hat, shade.
- Ticks: Check ankles, waist, behind knees.
- Allergies: Carry your usual meds. Avoid poor air quality.