

## TEN WAYS TO SPEND MORE TIME OUTSIDE

We all know that spending time outdoors is good for our health, yet most of us spend less time outside than ever. Here are some ideas to get your sunshine on!

**1. MEDITATE!**

If you feel safe, set up your meditation space outside during warmer weather. BOOM! Double the impact!

**2. Schedule daily outdoor time**

Schedule time to be outdoors *everyday*, no matter the weather. That's what umbrellas are for.

**3. Be enthusiastic about nature**

Even in the middle of a busy city you can celebrate nature through the sun and moon, the flowers and trees, the birds singing and the changing of the seasons. Develop your sense of awe.

**4. Make an outdoor happy place**

If you have access to any private outdoor space, make it inviting and spend time there just being. Extra points for a water feature.

**5. Move and play outside**

Look for outdoor recreation activities that work in exercise (doubling the impact) – swim, bicycle, walk, run.

**6. Eat seasonally**

Buy your produce at an outdoor farmers market - seasonal, fresh and local.

**7. Eat outside**

Now take those beautiful veggies and, weather permitting, eat them outside.

**8. Grow a garden**

How much more local can you get. And, that garden doesn't take care of itself. Spend time nurturing it – double points again!

**9. Take a break**

Use your breaks at work to get outside. It's a great time for daily meditation as well.

**10. Discover outdoor havens**

No matter where you live, there are pockets of nature all around.

