



PARTICIPANT GUIDE

Health Benefits of
Being Outdoors



Health Benefits of Being Outdoors

Use this Learning Guide to take notes and write down action items during the training.

Section 1: Write down a few things that bring you joy in your life.

- 1.
- 2.
- 3.

Learning Objectives

By the end of this presentation, you will understand:

1. The physical benefits of being outdoors
2. The mental benefits of being outdoors
3. How to implement more outdoor time in your work-life balance

Notes:

Why is This Important?

Negative effects of being indoors too much:

- Poor posture
- Weight issues
- Sleep struggles
- Depression
- Mood swings
- Anxiety

Section 2: Write down your typical day routine

Ex. 8:00-8:30am	Commute to work

Physical Benefits

- Less stressed (lowers cortisol and adrenaline)
- Better breathing
- Improved sleep habits
- Boosts immune system
- Lower blood pressure



Notes: _____

Mental Benefits

- Lower risk of depression
- Lessens anxiety
- More motivation
- Mental energy
- Emotional Wellness



Notes: _____

Incorporating More Outdoor Time Into Your Life

- Schedule a walk
- Take phone calls outside
- Work/have meetings outside
- Walk your dogs more
- Plan a hiking trip
- Eat outside

Can you think of more ways to be outside?

What tasks or activities (other than the ones on the list) can you think of that involve being outside?

Let's Practice and Reflect...

- You've been outdoors for *this* presentation, but think about meetings you have had in office spaces instead... how were these settings different?
- Think about what you do enjoy about the outdoors... what is your favorite type of weather? Your favorite flower? Your favorite outdoor activity?
- Now, set a goal for yourself and determine how you will make time to be outside at least 20 minutes per day (the recommended amount to maximize benefits).

Write your responses to the three slide prompts here:

1.

2.

3.