



Health Benefits of Being Outdoors



Let Me Introduce Myself



Hi! I'm Serena!

Instructional Designer and Trainer

Things I enjoy most:

The beach

Taking my dog on long walks

Reading a good book



Before We Begin...



Learning Objectives

By the end of this presentation, you will recognize:

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

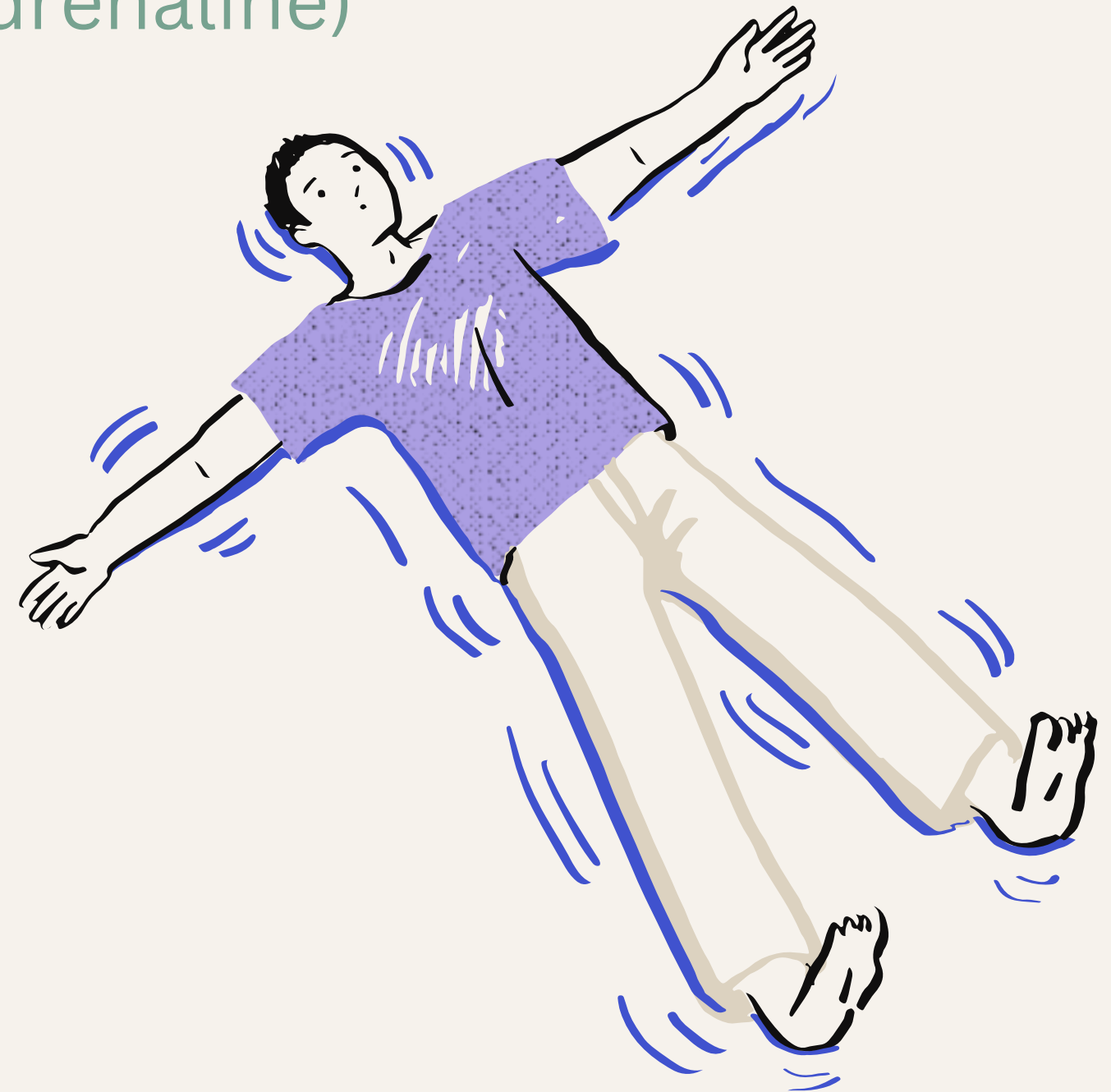
Why is This Important?

Negative effects of being indoors too much:

- Poor posture
- Weight issues
- Sleep struggles
- Depression
- Mood swings
- Anxiety
- Lack of productivity/motivation

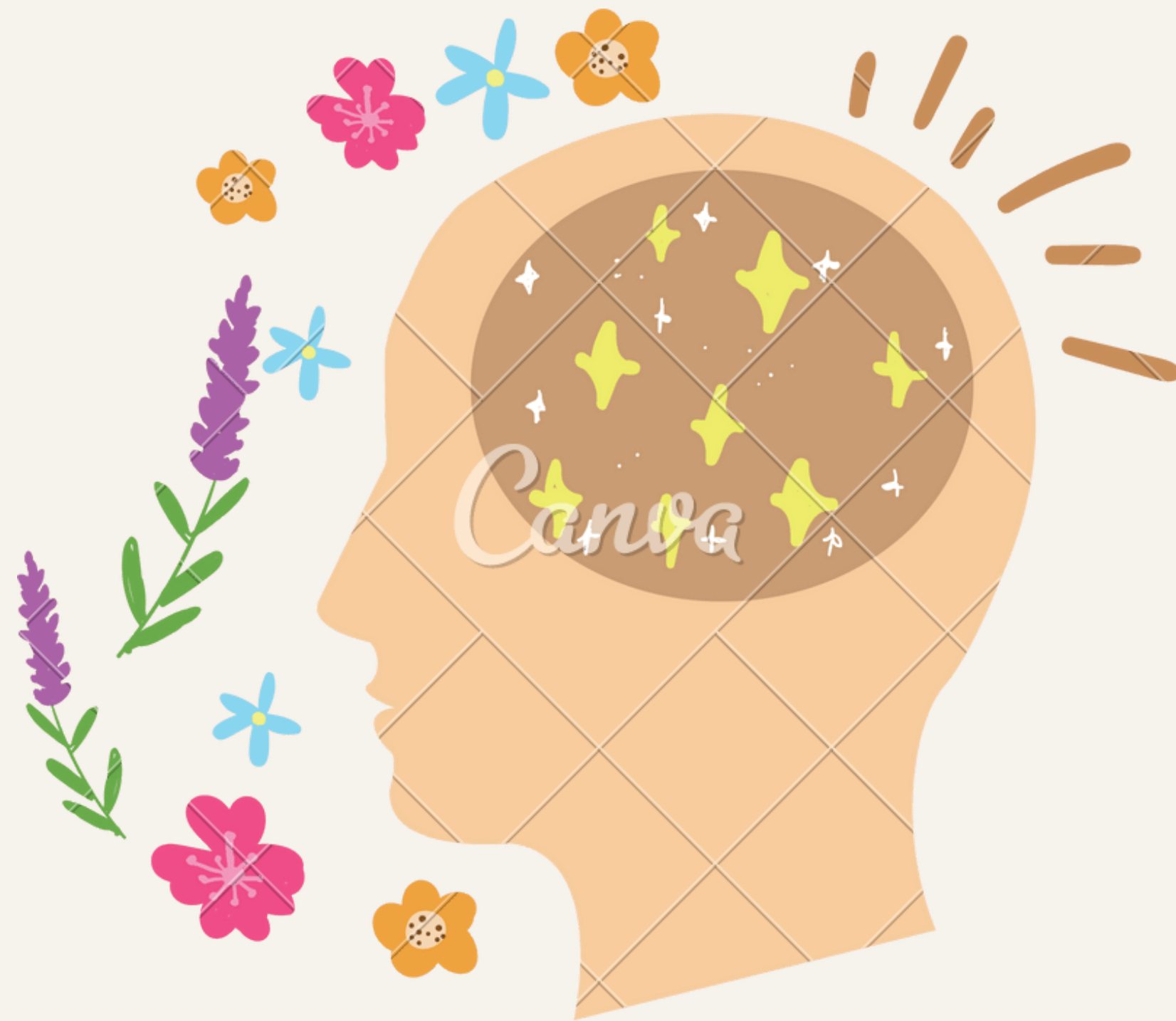
Physical Benefits

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



Mental Benefits

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



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?

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).