



Move More Outdoors and with Your Pet

You don't have to go to the gym to get active. Being outdoors can make exercise seem more like play, which may help you enjoy it more and stick with it. It can be even better when you include family, friends and pets in the fun!

- + Plan family outings that include physical activity, like hiking, canoeing or swimming. Even a simple trip to the park can get you all up and moving.
- + Explore your neighborhood or city – or see the sights in new areas – on foot or by bike.
- + Join a recreational sports team or league, like softball or soccer. You'll get active and make new friends, too!
- + Take your dog for a walk. If you don't have one of your own you could volunteer at a local shelter, help out a neighbor who is too busy to walk their dog, or start a dog-walking service.
- + When the weather's nice, bike or walk to nearby destinations like school, the grocery store or coffee shop.
- + At the beach, hunt for shells, play frisbee or fly a kite instead of sitting and watching the waves.
- + At a picnic, join in on a game of bocce ball, horseshoes or croquet.
- + At the lake, rent a kayak, canoe or paddleboard.
- + At the park, play with your kids instead of just watching them play. Unleash your inner child with a game of catch or tag.
- + Instead of coffee or lunch, get together with friends to do something active, like hiking or biking.
- + When golfing, walk instead of using a cart.
- + Get your garden on! Gardening, mowing and yard work are a great way to get active outdoors. No yard? No problem. Try container gardening or a local community garden.
- + After a heavy rain, put on some old clothes, grab some towels, and take the kids out for good old-fashioned mud fight!

TIPS FOR SUCCESS

- + Dress in layers so you're ready for changes in temperature and weather.
- + Don't forget hats, sunglasses and sunscreen.
- + Wear comfortable, supportive shoes appropriate for the activity.
- + Make sure you have plenty of water, so you can stay hydrated.