

# VitaMin

Vital health information in a minute

## CONNECT OUTDOORS WITH FRIENDS AND COWORKERS



Connecting with family, friends and coworkers feels good. Spending time outdoors with them is good for you, too. Research suggests that going outside can boost mental health and improve memory.<sup>1</sup> When you connect with others for outdoor adventures, you build stronger social and emotional connections as well.

As long as the weather cooperates, there are endless opportunities for adding physical activity to your social events. Here are a few ideas:

**Have a picnic.** Rather than eating out at a restaurant, eat outdoors. Pack a light meal – try veggie wraps or turkey sandwiches and fruit salad. Or pick up an array of freshly made salads from your local food market. Share the meal with family or friends at a nearby park or beach.

**Visit a berry farm.** Berries are ripe for the picking this time of year. Find out if berry farms or fruit orchards in your area allow you to pick your own fruit. The exercise involved in hunting for berries is fun for the whole family.

**Set up lawn bowling or croquet.** People at parties naturally gravitate to the food table. Try an activity that gets people on their feet instead so everyone can enjoy some healthy competition.

**Hike with a group.** Bored with happy hour or poker parties? Change things up and suggest a “hiking hour” that takes you outdoors to nearby park trails. It’s a fun way to connect with nature and catch up with friends at the same time.

**Have a water fight.** If it’s hot, why not? Turn on the hose and fill those buckets or balloons. There’s no age limit for this game as long as you let yourself be spontaneous and silly.

Whatever you do, stay safe this summer:

- Keep an eye on severe weather
- Apply sunscreen and bug repellent
- Stay hydrated in the heat
- Wear a life preserver on the water
- Wear a helmet when you ride

Source:

<sup>1</sup> <http://ns.umich.edu/new/releases/6892>

**GO YOU**<sup>®</sup>



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