



WELLNESS EMPHASIS

With spring on the horizon and warmer days ahead, the outdoors practically beckons us! Stepping into nature isn't just refreshing, it's a powerful boost for our well-being. Simply put, nature doesn't just surround us — it truly nurtures us!



WEEK 1 Track your time spent outside	DAY 1 <input type="checkbox"/>	DAY 2 <input type="checkbox"/>	DAY 3 <input type="checkbox"/>	DAY 4 <input type="checkbox"/>	DAY 5 <input type="checkbox"/>	DAY 6 <input type="checkbox"/>	DAY 7 <input type="checkbox"/>
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WEEK 2 Track your time spent outside	DAY 8 <input type="checkbox"/>	DAY 9 <input type="checkbox"/>	DAY 10 <input type="checkbox"/>	DAY 11 <input type="checkbox"/>	DAY 12 <input type="checkbox"/>	DAY 13 <input type="checkbox"/>	DAY 14 <input type="checkbox"/>
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WEEK 3 Mark the days you eat "close to nature"	DAY 15 <input type="checkbox"/>	DAY 16 <input type="checkbox"/>	DAY 17 <input type="checkbox"/>	DAY 18 <input type="checkbox"/>	DAY 19 <input type="checkbox"/>	DAY 20 <input type="checkbox"/>	DAY 21 <input type="checkbox"/>
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WEEK 4 Mark the days you take a break outside	DAY 22 <input type="checkbox"/>	DAY 23 <input type="checkbox"/>	DAY 24 <input type="checkbox"/>	DAY 25 <input type="checkbox"/>	DAY 26 <input type="checkbox"/>	DAY 27 <input type="checkbox"/>	DAY 28 <input type="checkbox"/>
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<p>WEEK 1 <i>Boost Your Physical Health</i></p> <p>Carve out 30 minutes on at least 3 days to spend time enjoying the outdoors.</p> <p>Nature can lower your stress hormone levels and reduce your blood pressure. Even if it's raining, sitting on your porch listening to the rain can be relaxing!</p>	<p>WEEK 2 <i>Elevate Your Mental Well-Being</i></p> <p>Try to get a total of 2 hours spent outside this week - in any increments you like.</p> <p>Fresh air and time outside are natural mood boosters. Get outdoors and breathe deeply. And remember, exercising outdoors can ease anxiety too!</p>	<p>WEEK 3 <i>Nourish Your Body Naturally</i></p> <p>Focus on eating unprocessed meals and whole foods for at least 3 days.</p> <p>The closer your diet is to nature, the better for your body. Look at labels to check for added sugar. Or, to simplify, choose single ingredient foods!</p>	<p>WEEK 4 <i>Supercharge Your Mind</i></p> <p>For 3 days this week give your brain a break by taking a break outside.</p> <p>Research has proven that the great outdoors can boost your brainpower. Let nature spark creativity, and restore attention and focus!</p>
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