



Take it outside

According to the Environmental Protection Agency, the average American spends 93% of their life indoors, with 87% of that time spent inside and 6% spent in automobiles. This means only 7% of the average American's life is spent outdoors. This is unfortunate considering spending time outdoors can help keep our minds and bodies healthy.

Spending time outside has a number of physical and mental health benefits:

- Reduces stress
- Sun exposure to raise vitamin D levels
- Builds a stronger immunity system
- Boosts energy
- Reduces depression
- Improves sleep
- Enhances happiness
- Improves self-esteem
- Has a calming effect
- Enhances creativity
- Enhances natural instinct



There are a number of things you can do to get yourself and your family outside:

- Create an outdoor scavenger hunt.
- Go on a sunset hike.
- Explore new parks.
- Learn a new hobby.
- Enjoy our lakes.
- Go orienting or geocaching.
- Plant a family garden.
- Pick fresh fruit or vegetables.
- Get down and dirty.
- Build a fort.
- Catch bugs.
- Go camping or glamping.

Sources: livelovefruit.com*, doi.org*, bbc.com*, acefitness.org*

*Blue Cross Blue Shield of Michigan and Blue Care Network don't own or control these websites.