

OUTDOOR ACTIVITIES

Special thanks to Anne LeBerge and Rob Woodburn of District 16.

Enjoying outdoor recreation, such as mountain biking, isn't an indulgence; it provides benefits for your mind, body, spirit and the economy.

Getting outside to enjoy a beautiful day isn't a personal indulgence. It's a good idea. **Dr. Andrew Lepp**, assistant professor of Recreation, Park and Tourism Management at Kent State, provides a few of the many benefits of outdoor recreation.

1. **Good for the mind.** Outdoor recreation has psychological benefits, including the prevention or reduction of stress; improved self-esteem, confidence and creativity; spiritual growth; and an increased sense of exhilaration, adventure and challenge from life.
2. **Good for the body.** Getting outside provides physical benefits, such as aerobic, cardiovascular and muscular fitness, as well as improved functioning of the immune system.
3. **Even better for your social life.** The great outdoors affords social benefits like bonding with like-minded people who enjoy outdoor activities and feeling an increased pride in your community and nation.
4. **Good for the economy.** Outdoor recreation pays off with economic benefits too: People who regularly participate in outdoor recreation tend to be more productive at work. Outdoor recreation creates job opportunities for others, which leads to economic growth. And the preservation of the natural areas needed for outdoor recreation increases property values.
5. **Great for the great outdoors.** Outdoor recreation provides environmental benefits, including increased environmental awareness. Concern that results from outdoor recreation can lead to increased involvement in environmental issues.



Lepp, who teaches classes in outdoor recreation, park management and natural resource conservation for Kent State's Recreation, Park and Tourism Management program, has worked for the US National Park Service, US Forest Service and as a park warden in Uganda. To learn more about the program, visit the College of Education, Health and Human Services website (www.kent.edu/ehhs). And if you are looking for organized outdoor activities (or just a few ideas) this summer, visit Kent State's Student Recreation website.

Berry Mousse

2 teaspoons gelatin
2 tablespoons water
2 egg whites
1/3 cup caster sugar
2 x 200g cartons low fat berry flavoured yogurt
150g fresh mixed berries

What to do:

1. Sprinkle gelatin over the water in a small, heatproof jug. Place jug in a small pan of simmering water. Stir until the gelatin dissolves. Cool.
2. Meanwhile, using an electric mixer, beat egg whites in a small bowl until soft peaks form. Gradually add sugar, beating until sugar dissolves.
3. Place yogurt in a medium bowl. Stir in gelatin mixture. Spoon the mousse mixture into serving bowl and cover. Refrigerate for about 2 hours or until set. Serves 4.



Nutrition Facts:

0.2g fat, 0.9g fibre, 32.8g carbohydrate

Humor

Life is easy
It's the people that make it difficult.

In dog years, I'm dead!

Fishmore and Dolittle
Retirement Planning and Consultants

Young at heart. Slightly older in other places.

Live each day like it's your last.
One day, you'll get it right.

Senility ain't bad.
I wrap my own Christmas presents,
I never watch reruns,
I can hide my own Easter eggs,
and I get to meet new people everyday!

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