

Words of Wellness



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OUTDOOR FUN

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“Life is out there! The benefits of outdoor activities”

Research into the benefits of outdoor adventure activities highlights the valuable contribution they make to personal health and wellbeing. The unique opportunities of outdoor activities provide opportunities for the connection of individuals with nature (the natural environment), direct connection with other people (interpersonal), and importantly, with themselves (personal).

Individual

- connect with other people and communities
- enhanced capacity to nurture self
- positive impacts on health in areas of cardiovascular health, cancer prevention, diabetes and mental health
- increased skills (physical, problem solving, self-awareness)

Community/ Social

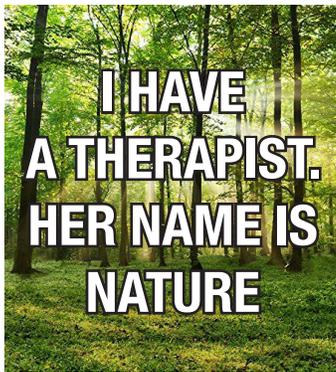
Participation in outdoor recreation and adventure recreation contributes to:

- quality of life
- healthy families
- enhanced health outcomes
- individuals achieving improved physical, mental, social, community and environmental health and well-being

Environmental

- connect with nature
- enhanced environmental awareness and stewardship

<https://qorf.org.au/industry/research-master/outdoor-recreation/outdoor-recreation-benefits/>



Fun Backyard Activities

With the warmer weather upon us and the sun starting to shine, it's time to get outside, throw some burgers on the grill, and enjoy life a little bit. But while kids are given full reign to go outside and play, for some reason, adults in our society never seem



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encouraged to do the same. Playing is important! It's fun and gives you the freedom to be silly all for the sake of joy.

In celebration of springtime and the kid in all of us, we're collecting the best backyard games for adults. Whether you're having a family reunion or simply need to soak up the sun for an hour or two, here are some recommendations for how to best enjoy the season. Some may be familiar, others may be new to you.

For the complete article see www.businessinsider.com/best-outdoor-games-kan-jam-cornhole-2016-4



Giant Jenga



Connect 4



Kan Jam



Spike Ball



Cornhole



Ladder Golf



Croquet



Washer Toss