The Benefits of Being Outdoors

The summer season gives us a wonderful opportunity to spend time outdoors and enjoy nature with friends and family. Spending time outdoors can reduce stress, provide more mental clarity, create an occasion for exercise and boost your vitamin D levels, which is essential for your health. When spending time outdoors, you should use sunscreen, dress for the weather, stay hydrated, know where you are going, and make sure to let others know where you are going too.

NYS Parks offers you many outdoors options to golf, hike, camp, boat, swim, fish, or go on a picnic with friends. It is important to take to the time to become more active this summer and enjoy the outdoors in any way that you can.

For additional information about your outdoor options, as well as other issues, contact your EAP coordinator at coordinator listing or call 1-800-822-0244.