

GET IN THE GAME!



POW!

Regular outdoor exercise can help improve your overall mental well-being, boost immunity, maintain a healthy weight, and lower stress.

The benefits of exercise are limitless. So organize a weekly family soccer game or join a club ball team for regular outdoor game time.

Even if you engage only in low-intensity outdoor physical activity (like gardening, walking, or biking) on a regular basis, you will achieve long-term health benefits.

Provided by:

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