

Enjoying the great outdoors

Treg Axtell, PT

North Shore Health Rehab Department

Ph 218-412-1538

The Benefits of Outdoor Activities for Older Adults

- 1. Physical**
- 2. Social and Emotional**
- 3. Cognitive**

Outdoor Activities for Older Adults

- 1. Gardening**
- 2. Bird Watching**
- 3. Craft Shows**
- 4. Family Games**

To punctuate the importance of outdoor activities, here are a few more things to consider:

Just getting outside into NATURE helps improve your health

- 1. Nature can help us improve our thinking, reasoning, and other mental abilities**
- 2. Nature can improve physical wellness**
- 3. Being outside can improve your mental health**

Other related benefits to being in nature

Simple outdoor exercises if you're short on time

Other fun ideas to experience nature

More articles on why the great outdoors is good for your health:

- [8 health benefits of getting back to nature and spending time outside](#) (Healthline)
- [The wellness benefits of the great outdoors](#) (U.S. Forest Service)
- [Health benefits of getting outside](#) (WebMD)
- [Nurtured by nature](#) (American Psychological Association)
- [Associations between Nature Exposure and Health: A Review of the Evidence](#) (International Journal of Environmental Research and Public Health)
- <https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines/top-10-things-know>
- 124 page pamphlet from National Institute of Health:
<https://order.nia.nih.gov/sites/default/files/2021-02/exercise-physical-activity-get-fit4-life.pdf>

PRECAUTIONS:

**The Sun
Heat**

Walking Conditions

Additional considerations