

You're Built for Good Health

# You're built for adventure

Setting up daily routines can help you rest your brain so that your creative side can blossom. It's much easier to plan new ventures and reach goals when your mind isn't overly taxed with daily problem-solving.

Do you ever get the itch to do something extraordinary? That may be your inner adventurer calling. People are often drawn to challenges that excite them. When you combine the outdoors with adventure, that can also be a recipe for better mental and physical health.

- Activities like biking, hiking or kayaking require mental focus similar to meditation.
- Outdoor adventures done with others help you develop better empathy skills.
- Outdoor activity offers great cardiovascular benefits, but take precautions to avoid injury.
- Being outdoors can help you get the vitamin D you need. But after 15 minutes, cover up or put on an SPF 30 or higher sunblock to protect your skin from the sun.

