



Nature Time Challenge

Spend 30 minutes outside daily to improve your physical and mental well-being

CHALLENGE DESCRIPTION:

Welcome to the Nature Time Challenge! In our fast-paced world, it's easy to forget the importance of connecting with the environment around us. This 7-day challenge is designed to encourage you to step outside and dedicate 30 minutes of your day to experiencing time outdoors. This is backed by research that suggests that the most efficient drop in cortisol (your stress hormone) levels happens after **20 to 30 minutes spent in nature**. It's a simple commitment with great benefits for your physical and mental well-being.

WHAT ARE THE BENEFITS OF SPENDING TIME IN NATURE?

Immersing yourself in nature has many health advantages. In fact, no matter your age or level of fitness, research suggests that connecting to nature is one of the best things you can do to improve your health.

Some of these benefits include:

- **Lower Risk of Dementia:** Seniors who walk outdoors every day or spend time in the garden have a lower risk of dementia than those who don't.
- **Reduced Risk of Cardiovascular Disease:** Spending more time in green space cuts your overall risk of diabetes, heart disease and stroke.
- **Controls Blood Pressure:** Whether sitting, walking, or just resting, being out in nature has a significant impact on lowering your blood pressure.
- **Improved Memory and Focus:** Memory and focus can improve significantly after a short nature walk compared to a walk on a city street.
- **Boosts Attention:** Spending 20 minutes outside can rival the effects of stimulant medications, especially for children in school.

NATURE TIME

THE CHALLENGE

Check off all the days that you've spent at least 30 minutes out in nature. Do something you enjoy already or follow the prompts for inspiration. Click the squares on the left side of each day, or print this out and fill them in by hand.

1



Morning Walk: Start your day with a mindful walk, paying attention to the sights and sounds around you.

2



Lunchtime Picnic: Swap your usual indoor dining for a picnic in your local park.

3



Nature Photography: Capture the beauty of the natural world with your camera or smartphone.

4



Gardening: Engage with nature hands-on by planting flowers, herbs, or vegetables.

5



Outdoor Yoga: Find tranquility and balance with a yoga session in a park, on a beach, or any sort of greenspace around you.

6



Trail Exploration: Discover local trails and immerse yourself in some adventure through the outdoors.

7



Stargazing: End your day by admiring the night sky and the stars that shine above you.

CHALLENGE COMPLETE!

As the Nature Time Challenge ends, reflect on how the past week has influenced your relationship with the outdoors and your overall well-being. The goal is to inspire a lasting habit that extends beyond this challenge, integrating nature into your daily routine for a happier, healthier life.



Congratulations on completing the **Nature Time** Challenge

The journey of wellness is ongoing, and each step, no matter how small, is a victory to be celebrated. Keep pushing forward, embracing each day as an opportunity to live your best life.

