

Spend quality time



OUTDOORS

Get outside!

Summer days are full of daylight and sunshine. This summer, try to spend more time outdoors. Don't forget the sunscreen, even when it's cloudy.

What are the benefits?

Studies have found that spending as little as 10 minutes in a natural setting can help us feel happier and lessen the effects of both physical and mental stress.

What can I do?

The activities you can do outdoors are endless!

- Go for a walk or run around your neighborhood.
- Find a hiking trail.
- Take a work meeting outside.

For more ideas join the "Spend quality time outdoors" activity in **SmartHealth** from July 5 through September 30, 2022. You can earn 50 points per week.

What is SmartHealth?

SmartHealth is a voluntary wellness program that supports your whole person well-being. It's included in your benefits. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the SmartHealth wellness incentive. **Watch a video** to learn how SmartHealth has helped others.

📱 Prefer mobile?

Download the Limeade ONE app (**iOS** or **Android**) and enter the code SmartHealth.



Supporting you on your journey toward living well
smarthealth.hca.wa.gov