

# aim™ SAFE OUTDOOR Activities

## OUTDOOR ACTIVITIES FACTS



Spending time outdoors has both **physical and mental health benefits**.



Walking, running and cycling are the **top 3** outdoor activities Americans do for fitness.



Barbecuing, picnicking and **birdwatching** are Americans' top outdoor recreational activities.

## OUTDOOR ACTIVITIES *allowed* DURING SHELTER-IN-PLACE

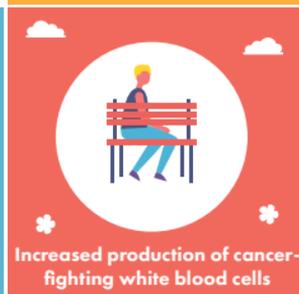
Individually or with members of your household



## MENTAL HEALTH BENEFITS *of time spent outdoors*



## PHYSICAL HEALTH BENEFITS *of time spent outdoors*



## OUTDOOR ACTIVITIES *to try at home*



## SOCIAL *distancing* GUIDELINES



- **6 FEET APART**  
from anyone outside your household
- **NO GROUP GATHERINGS**
- **AVOID CROWDED PLACES**

## PLACES & THINGS TO AVOID OUTDOORS:

- Crowded paths & trails
- Team sports
- Playgrounds
- High-contact surfaces