

# NATIONAL GREAT OUTDOORS MONTH

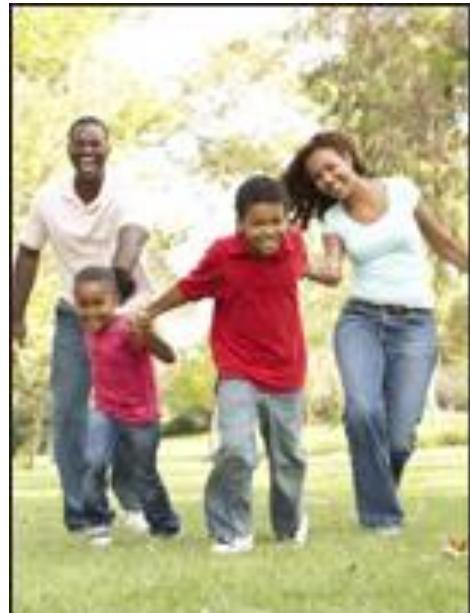
## THE GREAT OUTDOORS

Do you remember just going “outside to play” with your friends? Prior to the 1970s kids played more outdoors, since they didn’t have the electronics children have today such as computers or gaming systems or smart phones. Kids would play games outside such as kick the can, red light-green light, hide and seek, freeze tag, kickball, hopscotch, and many others. Active time outdoors as a child or an adult can be a benefit to better health and well-being.

Organizations across the country are preparing to celebrate June as “Great Outdoors” Month. Proclamations from the President and all 50 governors recognize the economic and healthful importance of outdoor recreation in their states and in the entire country.

## THE OUTDOORS AND FAMILY FUN

Exploring America’s great outdoors is a fun family activity that contributes to a healthy, active lifestyle. Whether fishing, hiking, boating, sailing, camping, biking, or playing in a neighborhood park, nature offers us the opportunity to get active, explore, and enjoy time with our family and friends. It also is a great opportunity to teach children the importance of how outside play can be a part of a healthy lifestyle. Great Outdoors Month encourages more people to get out and enjoy the world we live in by exercising, volunteering, or just enjoying nature. Outdoor activities are often free or inexpensive for families and provide lots of fun and enjoyment.



## FINDING GREAT ACTIVITIES

Whether you want to find the perfect fishing spot, take a hike, or just enjoy nature with your family there are a lot of opportunities to take advantage of the great outdoors. Great Outdoors month offers a variety of events across the country to introduce individuals to healthy and active fun outdoors on public land and waters nationwide. For more information about these events, visit [www.greatoutdoors.org/events](http://www.greatoutdoors.org/events).

## FITNESS AND THE OUTDOORS

Enjoy the beautiful summer weather and participate in some outdoor activities that will boost your calorie burn. You don't have to look at it as exercising. Just enjoy the fun it provides you.

Here are some examples of ways to burn calories outside and the estimated calories burned in 60 minutes according to a popular fitness tracker.

Hiking, climbing hills: 497 calories

Kayaking: 340 calories

Mountain biking: 578 calories

Swimming laps, moderate effort: 476 calories

Tennis: 476

Basketball: 306 calories

Horseback riding: 272 calories

Frisbee, general: 204 calories

Golf, carrying clubs: 306 calories



There is so much the great outdoors has to offer, so why not get outside and enjoy it!

## ADDITIONAL RESOURCES

For support from a registered nurse or registered dietitian or to ask questions, please call a Blues On Call<sup>SM</sup> health coach at **1-888-BLUE-428**.

Log in to the member website listed on the back of your member ID card.

- Click on the **Wellness** tab.
- Click on **Additional Resources** on the left.
- Click on **Health Topics** under **WebMD health information** to search health topics or use the medical encyclopedia to review health issues you want to know more about.

This article does not provide medical advice. It is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. Consult your physician before participating in activities described in this article.