

## Take a Family Hike

Carve a walking stick, and make designs with a pen knife.

By taking regular walks around the neighborhood or a local park, we are establishing good memories of being outside and having daily exercise.

Wished I had done more of this as I watched the kids come to life being outside and walking on trails.

Some physical benefits of walking:

- Burns Calories

- Strengthens the Heart

- Lower Blood Sugar

- Boosts Energy

- Improves Your Mood

- Live Longer

- Inspires Creative Thinking

- Observe nature: Clouds, birds, seasons, evening, stars

Opportunity to Talk, if you make a rule that buds and any electronics are turned off.

Meet Neighbors

Establish a good habit for life, a daily walk for 30 minutes

Benefits to organize the brain, especially while traversing rocky or uneven terrain.