

# GET OUTSIDE AT UA RICH MOUNTAIN



## 1. EAT LUNCH OUTSIDE THE STUDENT UNION

Eating meals outside is a good way to fit the outdoors into your schedule if you do not have a lot of free time.

## 2. WALK ON THE WALKING PATHS

Walking on the paths on campus can be used as a way to take a break from studying or to just get some extra movement into your daily routine.



## 3. DO HOMEWORK AND STUDY OUTSIDE

Working on school assignments or studying outdoors is a way to add nature into your routine without changing how you currently manage your time.

## 4. PLAY AN OUTSIDE SPORT ON CAMPUS

On campus, there are many outside sports you can play. These include sports such as sand volleyball, basketball, and pickleball.



### OUTDOOR BENEFITS:

- Being outside and interacting with nature can help to reduce stress, anxiety and depression (Trevino et al., 2022).
- It is beneficial in the areas of attention, memory, sleep, emotional stability, and quality of life (Buckley et al., 2018).
- Spending as little as 10 minutes of either sitting or walking outside in nature supports college-aged student mental health (Meredith et al., 2020).