

friday inspiration
july 21, 2017

ACTIVITIES TO DO OUTSIDE IN 5 KEY WEST

HEALTH
BENEFITS
OF BEING
OUTSIDE

1. 50% OFF SUMMER
SEBAGO BOAT DAY
TRIP

2. FULL MOON
MEDITATION:

at Lazy Dog

August 7th @ 8 pm

3. PADDLE BOARD
YOGA

at Lazy Dog

Tuesdays: 9am-11 am

Thursdays: 9am-11am

Sundays: 8:30am-10:30 am

4. UPCOMING RUNNING
RACES/ 5 K'S

7/22 7:30 pm Hemingway 5K Sunset Run

10/23 6 pm Heroes & Villians 5K Run/Walk

11/25 8 am Hog's Breath Trot 5K Run/Walk

5. KAYAK TOUR THROUGH
MANGROVE ISLAND AT GEIGER
KEY

with Key West Eco Tours

- LESS ANXIETY
- BETTER SLEEP
- BETTER CONCENTRATION
- INCREASED ALERTNESS
- INCREASED MOOD
- MORE CREATIVITY

Anxiety, depression, and other mental health issues may all be eased by some time in the great outdoors — especially when that's combined with exercise.

In fact, a variety of diseases were less prevalent among people who lived in close proximity to green space.

A recent study in Environmental Health Perspectives found a 12% lower mortality rate, with the biggest improvements related to reduced risk of death from cancer, lung disease, or kidney disease in people that actively spent time outdoors.



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