

# REDISCOVER THE OUTDOORS

Spending time outdoors is time well spent. Winter is always a challenge, but with spring knocking on the seasonal doorstep, now is a great time to start planning a few must-do activities to help your family rediscover the outdoors. Check out these adventure-inspiring ideas.

**TAKE A HIKE:** Hiking is the easiest way to rediscover the outdoors and enjoy nature as it should be. Wear shoes you won't mind getting a little muddy, especially when you hike in early spring. Pack a lite bag with some water, snacks, and an extra sweater/jacket. You never know what type of terrain or weather you might run into during the spring so it's best to be prepared.

**RIDE A BIKE:** When temperatures start hitting 50 or 60 it's time to get the bikes out. Take a quick ride around the block or bike to the nearest park. Make sure to check your tire pressure before you head out. Tires tend to go flat after sitting around all winter. You'll also want to take a few minutes before your first ride to lube up your bike and check brakes and lights.

**GO TO THE PARK:** Take a quick trip to your favorite park and burn off some energy on playground equipment, run through an open field or fly a kite in the warm spring wind. Make your trip to the park extra special by packing a picnic full of your favorite treats.

**ENJOY BIRDWATCHING:** Are you lucky enough to live near a large body of water or marshy area? The spring migration is a great time to do some bird watching. Find a body of water, set up a lawn chair or blanket, and just watch the birds land and take off from the water. If you have some binoculars, bring them along and identify as many birds as you can.

**REDISCOVER YOUR OWN SPACE:** Going to a lake, playing at a park or hiking on the trail are great activities to enjoy when you are rediscovering the outdoors. One place people often overlook is their own backyard. Take a lap or two around your property every now and then and notice what is blooming and coming back to life after the winter.

There are so many different things you can choose to do outdoors. Sometimes deciding what to do can be more difficult than actually doing something. Our best tip, let your imagination guide you and don't be afraid to try something new.

Happy trails!