

# Get moving in the great outdoors

Spend time in nature every week;  
it's great for your wellbeing

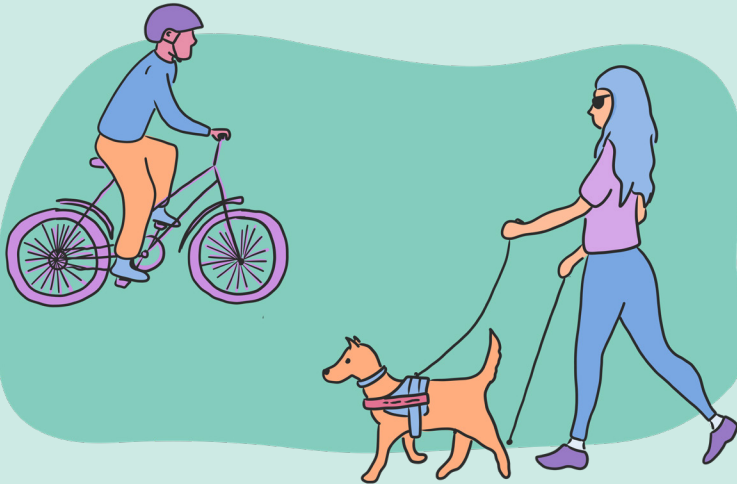


Eat outside today  
and enjoy the  
fresh air

Arrange to meet a  
friend in the park  
and enjoy a walk



Take a stroll in your lunch break; get away from your  
desk and explore your local area



Tip: remember to be socially distanced and stay safe



[www.mindwell-leeds.org.uk/myself/what-can-i-do-to-feel-better/connect-with-nature](http://www.mindwell-leeds.org.uk/myself/what-can-i-do-to-feel-better/connect-with-nature)

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