

JUNE NATIONAL GREAT OUTDOORS MONTH

As the weather warms up, June is the perfect time to step outside and reconnect with fresh air, sunshine, movement, and even yourself. Being in nature isn't just enjoyable—it is healing. Nature provides your mind with a much-needed pause from life's busyness, creating the ideal space to recharge and refresh. Whether you are soaking up the sun, taking a mindful walk, or sharing a laugh with a friend on a park bench, spending time outdoors offers countless benefits.

Studies show that just **20 minutes** outside can lower stress, boost your mood, and improve focus. Time outdoors also increases Vitamin D levels, strengthens your immune system, and elevates your overall well-being.

Set Your June Goal!

Spend at least 30 minutes outside 5 days each week this month. Whether it is a quick five minutes during a lunch break or a weekend hike, let nature do what it does best—refresh your body and calm your mind.

Ways to Enjoy the Outdoors:

- Take a daily walk around your neighborhood, at a park, or on a nature trail
- Have lunch outside and enjoy your meal on a bench, patio, or green space
- Visit a local park or nature preserve (see below to locate one close to you!)
- Exercise outdoors—try jogging, stretching, or a bodyweight workout in the fresh air
- Attend a local outdoor event, such as a weekend farmers market
- Explore a new trail at a local park
- Take your hobbies outside—read, draw, or listen to music under the sun
- Garden or join a community garden
- Plan a weekend nature outing, such as a overnight camping adventure

Locate a Park Near You!

Click [HERE](#) and plan your next adventure. Interested in traveling outside New Jersey, click [HERE](#) to locate national parks across the United States!

Sources

- <https://healthylearn.com/connerstrong/lh/be-on-the-outside.html>
- <https://www.nps.gov/index.htm>
- <https://www.njportal.com/DEP/NJOutdoors/Park/Search>

