



Enjoy The Simple Things

Take a Relaxing Walk

Goal: Head outside for a mindful walk and focus on how your body feels, taking note of your surroundings.

[Tip]: While walking, pay attention to your breath and the movements of your body. Notice the sights and sounds around you.

Why is this important? A mindful walk is an inexpensive and easy way to unwind.

References: Popkin, B. M., D'Anci, K. E., & Rosenberg, I. H. (2010). Water, hydration, and health. *Nutrition Reviews*, 68(8), 439–58. <https://doi.org/10.1111/j.1753-4887.2010.00304.x>

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