

# Getting Active Outdoors



Factsheet for People Living with Dementia and Care Partners

In this factsheet, you will learn about:



Benefits of Outdoor Activity



Ways to Move More Outdoors



Staying Safe Outdoors

## Key ideas:

- Being in nature can improve your mood and sense of well-being.
- Walking is an easy and enjoyable outdoor activity, but there's more too!
- Stay safe by planning ahead and bringing company.

## Benefits of being outdoors

Being active outdoors can have additional benefits over and above just physical active.

- Outdoor activities can be meaningful for you. People often have rich memories of being outdoors.
- Being in nature can be empowering and give a sense of adventure.
- Your mood and sense of well-being improves with even short amounts of time in nature.
- You get a healthy dose of natural vitamin D, at least in the summer.

Let's find activities you might enjoy.

# Getting active outdoors

## Types of outdoor activity

Walking outdoors is often reported as a favourite activity, but there are many different activities to do outside. Some ideas include:

- Hiking a forest trail
- Gardening
- Paddling in a canoe or kayak
- Cycling through the city or a forest trail
- Lawn bowling or golf

## Stay safe outdoors by planning ahead:

- Select appropriate clothing for the weather and terrain. Shoes with a good grip are important for trails!
- Take an umbrella, sun protection, or water if needed.
- If you have difficulty finding your way, bring someone along. Having company can be fun as well as safe.
- Let someone know where you are going and how long you will be, especially if you go alone.

## How to get started:

- Close your eyes and imagine a time where you were happy outdoors. What were you doing? Find a way to do something similar.
- If you are comfortable with technology, you can use it to find your way using a map application on your mobile phone.



## Notes, reflections, and goals:

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