



# HEALTH AND WELLBEING CHECKLIST

Date 

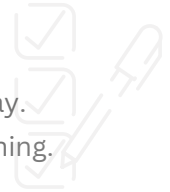
54

## Sunlight and Fresh Air

Spending time outdoors boosts mood, immunity, and overall health. Use this checklist to incorporate sunlight and fresh air into your daily life.

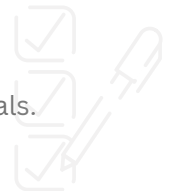
### Take Morning Walks

- Step outside for 10-15 minutes in the morning to soak up sunlight and energise your day.
- Tip: Combine your walk with mindfulness practice, like observing nature or deep breathing.



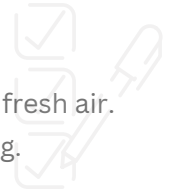
### Eat Meals Outdoors

- Have lunch or snacks in your garden, balcony, or a park to enjoy fresh air with your meals.
- Tip: Use this time to disconnect from screens and focus on your surroundings.



### Exercise Outside

- Swap indoor workouts for outdoor runs, cycling, or yoga to maximise your exposure to fresh air.
- Tip: Choose scenic routes or parks to make your exercise more enjoyable and refreshing.



### Open Your Windows

- Let in fresh air throughout the day, even if you're indoors, to improve ventilation.
- Tip: Create a cross-breeze by opening windows on opposite sides of your home.



### Plan Outdoor Activities

- Schedule hikes, picnics, or gardening sessions during the week to stay active outdoors.
- Tip: Invite friends or family to join for added motivation and social connection.



### Practice Grounding

- Spend time barefoot on grass, sand, or soil to connect with nature and reduce stress.
- Tip: Incorporate grounding into your morning routine or during outdoor breaks.





# HEALTH AND WELLBEING CHECKLIST

54

## Sunlight and Fresh Air

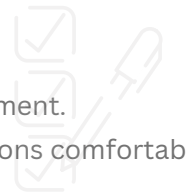
### Opt for Natural Light

- Sit near windows during the day to maximise sunlight exposure while indoors.
- Tip: Arrange your workspace or seating area to face the window for optimal light.



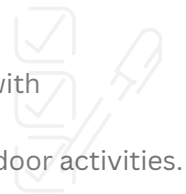
### Use Outdoor Spaces for Work

- Work from a patio, park, or any outdoor setting when possible, to change your environment.
- Tip: Bring portable essentials like a laptop stand and water to make outdoor work sessions comfortable.



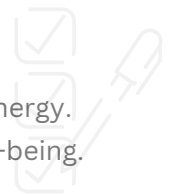
### Engage in Seasonal Activities

- Enjoy activities like snowshoeing in winter or swimming in summer to stay connected with nature year-round.
- Tip: Dress appropriately for the weather to stay comfortable while participating in outdoor activities.



### Track Your Outdoor Time

- Aim for at least 20-30 minutes outdoors daily and note its impact on your mood and energy.
- Tip: Use a journal or an app to track your time and reflect on how it improves your well-being.



[CLICK HERE FOR MORE!](#)

