

Research shows that spending more time outdoors, especially in green spaces like parks and on nature trails, has many benefits.

I just didn't spend
much time outside
growing up.

Now you can blame
your parents and lack
of green space

Individuals who
spend more time
outdoors:

- Experience lower levels of stress
- Are likely to live longer
- Tend to be more physically active and therefore have lower levels of obesity
- Report better coping skills and levels of optimism

We all want these things for ourselves
and for friends and family!

Do something good for yourself —

discover the world outside!



environmental education

Did you know that there are more than
190 Environmental Education Centers
in North Carolina?

They are all open to the public and are
great places to learn, recreate and
have fun! The North Carolina Office of
Environmental Education also hosts a
searchable online calendar where you
can find events and programs for you
and your family that are happening near
your home or neighborhood.

Go to
www.eenorthcarolina.org

and click



NC Office of Environmental Education
N.C. Department of Environment and Natural Resources

discover the world outside