

A black television set is placed on a wooden park bench. The background shows a natural outdoor setting with trees and grass. The text 'Your television could use some alone time' is overlaid on the right side of the image.

Your television  
could use some  
alone time

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

**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!**

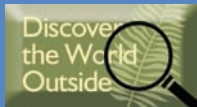
## Did you know that there are more than 190 Environmental Education Centers in North Carolina?

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](http://www.eenorthcarolina.org)

and click



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discover the world outside

