

Discover the Outside Postcards



Discover the World Outside

Only one of these frogs can help reduce your child's ADHD symptoms.



An increasing amount of research shows that spending time outdoors has many positive impacts on a child's physical and mental health and development.

Kids who spend more time outside tend to:

- Be more physically active and therefore have lower levels of obesity
- Score higher on standardized tests
- Have fewer symptoms of Attention Deficit Hyperactivity Disorder
- Experience less stress than other children their age

We all want these things for children!

Encourage your kids to **discover the world outside!**

Frog

Wouldn't it be nice if fighting childhood obesity was as simple as stepping outside?



Turns out it is

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Obesity

Remember your parents telling you to go play outside?



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Swing



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!**

TV

Only one of these activities can help reduce your child's ADHD symptoms.



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Worm