

15 Simple Ways to Prioritize More Time Outdoors

1. Drink your morning matcha or coffee outside.
2. Ride your bike to work.
3. Take your lunch break outside + encourage co-workers to join.
4. Go walk with your friend/colleague instead of meeting over coffee.
5. Take your dog on a date - eat outside + run around the park.
6. Start a hiking, running, or biking meetup in your town.
7. Change into activewear as soon as you get home from work.
8. Take a walk after dinner to digest. Get the whole family on board.
9. Buy outdoor plants + make caring for them part of your routine.
10. Go to your local farmers market for grocery shopping.
11. Prioritize outdoor activities on the weekends.
12. Have a picnic... this is obvious, but have you tried a brunch picnic?
13. Take your laptop outside + plan out your calendar for the week.
14. Pick a DIY project outside like cutting shelves or painting a dresser.
15. Create an outdoor sanctuary to read books or listen to podcasts.

