

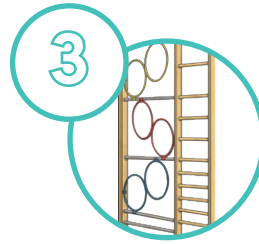
Try Something New Today: Outdoors



1 Walk to meet a friend for a drink or local activity.



2 Jog or walk around the park.



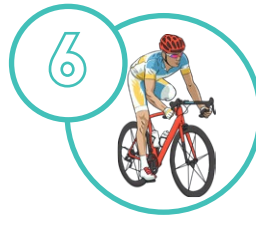
3 Workout at your nearest outdoor gym.



4 Head to your nearest woodlands for a walk or [learn some forest skills](#).



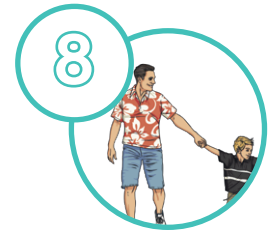
5 [Gardening](#): get the whole family involved or do some gardening by yourself.



6 Find an excuse to ride your bike to complete a task (e.g. posting a letter).



7 Take a picnic to a beautiful area and play games or go for a walk.



8 Walk to the supermarket (you may wish to get the bus home).



9 Try Nordic walking.



10 Sign up for a local run.



11 Take the children outside and do an [I Spy Scavenger Hunt](#).



12 Jog around the nearest reservoir or next to your nearest river.



13 Take the children outside and try an [outdoor activity or play a game](#).



14 Volunteer to take a dog for a walk.



15 [Go on a day out](#) and head to a tourist town.



16 Go on a hike.

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Go on a hike.

We hope you find the information on our website and resource useful. The description of any physical activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking any activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are fit enough to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the physical activity. If you are unsure in anyway, we recommend that you take guidance from a suitably qualified professional