

Top 10 #WinterWellbeing Tips to Get Outside in Somerset



1

SET A SMALL GOAL EACH DAY OR WEEK

Set a goal that feels achievable for you personally, such as a dog walk or visiting a friend.

2

UTILISE THE LUNCHTIME WHERE YOU CAN TO GET THE MOST OUT OF THE DAYLIGHT HOURS

In the winter, finding time in the evening to get outside can be challenging, especially if increasing your time outside is new. Instead use your lunchtimes where you can, even if it's 1 day of the week to start. Go on a walk around work, home or the park!

3

IF IT'S DARK OUTSIDE, PLAN AHEAD!

You can do this by keeping a torch, high visibility item of clothing and appropriate footwear by the door.

4

ASK FRIENDS OR FAMILY IF THEY WANT TO JOIN YOU OUTSIDE

For that added motivation, see if a friend, family member or colleague wants to join you. Have a catch-up and check in on each other.

5

IF IT'S COLD, WRAP UP WARM!

Wear a coat, scarf, hat and gloves, and wrap up warm to enjoy your time outdoors the most!

6

CHECK OUT OUR WEBSITE FOR INSPIRATION, IDEAS AND THINGS TO DO NEAR YOU!

Head to: www.getoutsideinsomerset.co.uk/activities for ideas and inspiration for the weekend ahead! Filter by activity type or location near you. Perhaps you want to try something new?

7

TAKE YOUR TIME!

It's okay to take things slowly, at your own pace and move in ways that suit you!

9

ENJOY THOSE LITTLE WINS!

Whenever you do Get Outside in Somerset, no matter for how long, celebrate your success! What did you see? Where did you go?

10

MOTIVATE SOMEONE ELSE!

When you are ready to, motivate someone else to Get Outside in Somerset! What makes you move more outdoors?

8

SET YOURSELF A LONG TERM GOAL

Where would you like to be in 6 months?



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