

# Get That Spring Back in Your Step!

Get Outside  
IN SOMERSET

## 1 Set yourself 3x goals to Get Outside this Spring

Setting goals can give you something to look forward to and focus on. Perhaps you've been wanting to get the bikes out of the shed and go for a cycle?



## 2 Go for a walk with your family, friends or colleagues

Kick-start your Spring by going for a walk! A great opportunity to enjoy the changing season, discover somewhere new, or visit your favourite place!



## 3 Get Outside in your garden or local open space before the sun sets

As the days get longer, you might find spending more time outside that little bit easier. As the evenings stay lighter for longer, sit outside and enjoy the fresh air.



## 4 Get the gardening gloves back out and be nurtured by nature!

Gardening is a great way to enjoy time on your own or with the family, nurturing your outdoor space, watching the flowers bloom and local wildlife return!



## 5 Document what you have been doing to Get Outside in Spring!

Taking photos, videos or writing down your day can be a fantastic way to document the changing season, capture memories and enjoy the beautiful landscape around you!



#SpringInYourStep

[www.getoutsideinsomerset.co.uk](http://www.getoutsideinsomerset.co.uk)