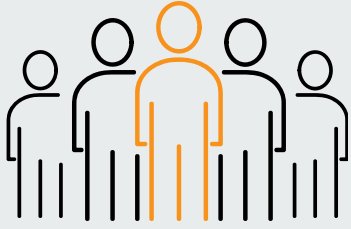


# The Facts

Mental health has often been pushed to the back burner. But now is the time to prioritize it.



Prior to the pandemic,  
nearly 1 in 5 adults  
reported having a mental illness  
in the past year



Now, nearly half of US adults  
report that their mental health  
has been negatively impacted  
by COVID-19

# The Solution

We can care for our mental health through outdoor exercise.



Go hiking



Visit a local park



Walk in  
your neighborhood

# The Benefits



Walking for an hour  
reduces the risk of major  
depression by 26%



Endorphins are  
released, which reduces  
pain and anxiety



Serves as a distraction  
and disruptor of  
negative thoughts