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

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

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

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

Sign a petition to protect the trails in the San Gabriel Mountains at www.apifm.org/protect-the-san-gabriel-mountains/