

1,000 HOURS OUTSIDE

HEALTHY GROSSE POINTE HARPER WOODS

1,000 HOUR OUTSIDE 2021 KICKOFF

Thank you for joining us in taking the 1,000 Hours Outside Challenge! We want to stress that there is no such thing as failing at this challenge. Any time spent outside is better than nothing, and if taking this challenge gets you outside more without meeting the 1,000 hour goal, you have still won all the health benefits that come along with spending any time in nature.

WINTER GEAR RESOURCES

In our joining the challenge survey, some expressed that finding clothing appropriate for the severe Michigan weather creates a barrier to spending more time outside. We are here to tell you that staying warm (and stylish!) does not need to cost a fortune. An excellent resource for outdoor clothing in any season is www.steepandcheap.com. Steep and cheap sells outdoor clothing from brands like North Face, Arc'teryx, Patagonia, and more at extreme discounts. Dozens of items are available under \$20. Other great resources are Facebook Marketplace and local thrift stores like Second Glance Resale or Neighborhood Club Thrift Shop.

ACTIVITY IDEAS

We know it can be hard to figure out what to do outdoors when there is snow

covering the ground, so we have compiled a list of ideas to help.

SNOWSHOEING/HIKING

Many trails in the area are snowshoe friendly! Semcog.org/trailfinder is a great resource for finding trails near you.

BIRD WATCHING

Did you know winter is one of the best seasons for bird watching due to migration patterns? Wild Birds Unlimited in Grosse Pointe Woods is an excellent place to start the adventure.

SNOWMAN CHALLENGE

Participate in our snowman challenge! Just build your snowman and post a picture to Instagram or Facebook using the hashtag #1000HOURSOUTSIDEGPHW. We will post our favorite to next month's newsletter!

SURVEY

In our first email to you, you should have received a link to a short survey. These responses help us understand what our community needs. Please take a second to submit your answers!

FINDING TIME TO BE OUTSIDE

Between helping our kids with virtual learning, managing work from home, and all the other chaos that comes with this winter during a pandemic, it can be difficult to find the time to get outside. But starting small is better than not starting at all. Even if it's just a ten-minute morning walk around the block, or a quick jog to the end of the street. Bringing kids along for this new routine building can be great, too. Kids look to us when forming their own habits, and seeing you prioritize outdoor time will help them learn to do the same.

