

**Feel more energized, happier, and less stressed than those who exercise indoors.**

**Live longer!**

**Experience significant stress reduction which reduces blood pressure and heart rate.**

**Receive relief and healing from short-term and chronic mental illness including depression, anxiety, and mood disorders.**

**Improve their quality of life and mental function by improving sleep patterns and hormone balance.**

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**Fostering a Long & Healthy Life**

**Seniors who spend time relaxing, walking, and exercising outdoors …**