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## Unplug to Recharge: The Power of the Great Outdoors

In today's fast-paced, screen-dominated world, one of the simplest yet most powerful ways to improve your well-being is to step outside and immerse yourself in nature. Research shows that spending time outdoors can lead to remarkable improvements in both physical and mental health - no prescriptions required.

According to the American Psychological Association, time spent outdoors leads to reduced stress, anxiety, and depression. Nature has a unique ability to lower blood pressure, boost immune function, and enhance creativity and focus. For children, outdoor play is especially vital in supporting brain development, emotional regulation, and healthier sleep patterns.

Consider joining the 1,000 Hours Outside challenge, a movement designed to encourage families to reclaim their time from screens and invest it in the great outdoors. The goal is to match the average amount of screen time children consume yearly—roughly 1,000 hours—with time spent outdoors. 1,000 Hours Outside offers free tracking tools, ideas for outdoor play, and a community of support to make spending more time outdoors achievable and fun.

Whether walking around the block, playing at the park, or enjoying a picnic, time in nature helps us reset, reconnect, and recharge. It's free, it's accessible, and it benefits every generation.

So, grab your shoes, leave your phone behind, and discover the power of the great outdoors. To learn more about the 1,000 Hours Outside challenge, visit [www.1000hoursoutside.com](http://www.1000hoursoutside.com).

For more information visit [wildcatdistrict.k-state.edu](http://wildcatdistrict.k-state.edu) or contact Michelle Broxterman, [mbroxterman@ksu.edu](mailto:mbroxterman@ksu.edu), (620)724-8233

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