



HEALTH & WELLNESS

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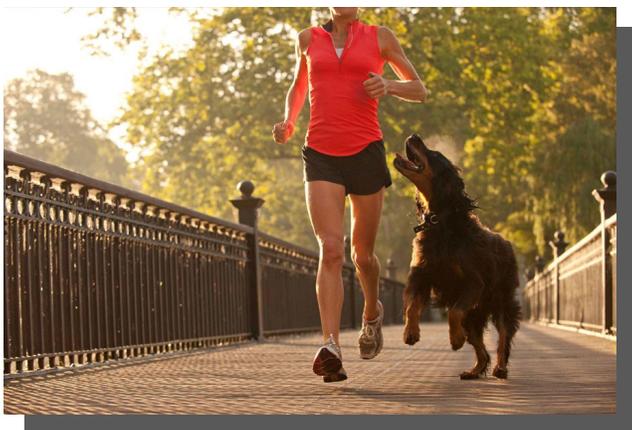
National Great Outdoors Month

June is National Great Outdoors month! This is a great time to get outside, enjoy the weather, and fit in some fun physical activity.

Being physically active produces many long-term health benefits! EVERYONE can benefit from activity regardless of shape, size, age, or abilities. The more physical activity you do, the greater the benefit!

BENEFITS OF EXERCISE INCLUDE:

- Potential to live longer
- Feeling better
- Better sleep quality
- Easier to move around
- Strong muscles and bones
- Achieving or maintaining a healthy body weight
- Reduces stress
- Decreased risk of heart disease, high blood pressure, type 2 diabetes, high cholesterol, and stroke!



Go-To Trail Mix

(Makes 4-5 cups, Serving Size 1/2 cup)

Ingredients

- 3/4 cup raw pecans (Optional: toast in the oven for 10 mins at 350 degrees F)
- 3/4 cup raw cashews (Optional: toast in the oven for 10 mins at 350 degrees F)
- 1/2 cup raw sunflower seeds
- 1/2 cup raw pumpkin seeds
- 1/2 cup unsweetened cherries
- 1/2 cup unsweetened raisins
- 1/2 cup chopped dark chocolate
- 1/4 tsp salt
- 1/2 tsp cinnamon
- pinch of nutmeg

Combine all ingredients in a large bowl and mix well. Portion out into small ziploc bags or store in a mason jar. Will keep for up to 1 month.

Physical Activity Recommendations

It is recommended for adults to get at least 150 minutes of moderate aerobic physical activity per week (30 minutes of activity 5 days per week). Start small but try not to go more than 2 days without doing some form of physical activity. That 30 minutes can even be broken down further into three 10 minutes walks that day. For example, go for a walk after each meal. Riding a bike, water aerobics, and jogging are also examples of aerobic physical activity.

In addition to aerobic physical activity, it is recommended to do some form of resistance training a couple days a week as well, such as lifting weights, push-ups, sit-ups, or resistance bands. The most important thing is to find something you enjoy!

Tips to Incorporate More Physical Activity

If you are just starting to incorporate physical activity into your lifestyle, the best way is to start small. Trying to go from no activity to being a marathon runner or power lifter is not a recipe for success. Add in a 10 minute walk at lunch, or start taking the stairs instead of the elevator. Take a class a few days a week, or walk the dog. Several small changes add up and doing SOMETHING is better than doing NOTHING. Choosing activities that you enjoy and are able to do regularly is a strategy that can help you stick with a physical activity routine. You can also keep it interesting by trying to alternate activities on different days.

Fun Outdoor Activities

- Hiking
- Biking
- Swimming
- Kayaking
- Canoeing
- Basketball
- Baseball/Softball
- Football
- Volleyball
- Badminton
- Zoo
- Fishing
- Golfing
- Walking the dog
- Disc golf
- Soccer



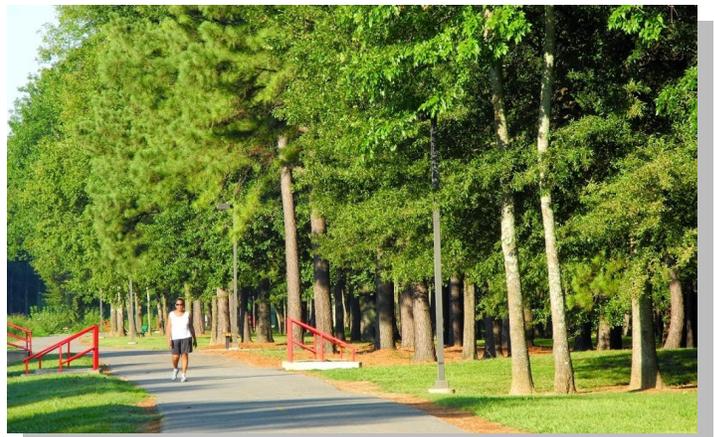
National Parks in Arkansas

Petit Jean State Park, *Morrilton*

Pinnacle Mountain State Park, *Little Rock*

Mount Magazine, *Paris*

Mount Nebo, *Dardanelle*



Other Recreational Areas in Arkansas

Tucker Creek Trail

Conway Dog Park

Laurel Park

Little Rock Zoo

Heber Springs/Greers Ferry Lake

