

## 15. BE ACTIVE OUTDOORS

Our bodies and minds crave being outdoors. As you head outside and really take in the beauty that surrounds you, it is nearly impossible not to feel the energy shift within you. So why not use this natural desire to be outside to your advantage and get out and move!

This challenge will work best when the weather obliges. But even if you stumble upon a rainy day during your 30-day challenge, embrace it and use that day to dance in the rain! Whether you have 5 minutes or 60, the idea is to get outside every day and move for 30 days.

**Here are some fun ways to tackle this challenge:**

- **Bike ride**
- **Rollerblade**
- **Skateboard**
- **Unicycle**
- **Scooter**
- **Meditate**
- **Yoga**
- **Walk**
- **Run**
- **Hike**
- **Climb a tree**
- **Disc golf**
- **Throw a Frisbee with a friend**
- **Tennis**
- **Golf**
- **Basketball**
- **Four square**
- **Head to the park and hit the swings!**
- **Tetherball**
- **Cricket**
- **Baseball**
- **Badminton**
- **Croquet**
- **Horseshoes**
- **Shuffleboard**
- **Hopscotch**
- **Play tag**
- **Play catch**
- **Jump rope**
- **Work on your cartwheel**
- **Roller skate**
- **Swim**
- **Water-ski**
- **Ski**
- **Snowboard**
- **Volleyball**
- **Surf**
- **Take your dog for a walk**
- **Skip stones at the lake**
- **Weed your yard**
- **Mow your lawn**