



Local parks are great but if you want to take it up a notch, consider walking, trekking or cycling to one further afield – great picnic spaces await, and if this is your first visit, perhaps an adventure, too.

YOUR PICNIC CHECK LIST

Next time you plan a picnic, add this check list of outdoor activities to your basket. Fresh air, green spaces and vitamin D from the sun are proven mood boosters; they lower blood pressure and the stress hormone cortisol.

Park features to look for:

Try these mood boosters:

Green spaces

- Pick-up soccer or frisbee
- Kite flying
- Lawn bowling or croquet

Hills or stairs

- Picnic at the top or bottom so you can give your quads a workout

Water

- Wading
- Swimming
- Water frisbee

Beach

- Walks in the sand
- Beach volleyball
- Bocci ball

Boardwalks

- Long walks
- Short runs
- Dog walking

Paths

- Cycling
- Jogging
- Roller blading

Trails

- Mountain biking
- Scavenger hunts
- Nature walks

Fitness stations

- Hold a circuit challenge
- Compete with a friend
- Challenge yourself

Tennis courts or ping pong

- Pack some rackets or paddles in your picnic basket
- Engage in some healthy competition!