

# June 2024 Email to Employees: Nature and your health

Subject line: Nature and your health

Dear XXXXX employees,

School is out, it's getting warmer each day and outdoor adventures are all around us! We invite you to learn about the health benefits of nature from Jesús Aguirre, Chair of the National Recreation and Park Association and former CEO for the Waterloo Greenway. Discover how spending time in nature can positively impact your health and well-being. [Find more details and register for the webinar here.](#)

Here are some ways you can get outside and enjoy the benefits of nature:

1. Take a walk. A walk as short as 10 minutes can boost your mood and reduce stress.
2. Garden or water your outdoor plants.
3. Picnic outside with family or friends for fresh air and a change of scenery.
4. Outdoor exercise can be more enjoyable in a natural setting. Try yoga, jogging or cycling.
5. Explore hiking or biking trails in your area.

Spending time in nature has been shown to reduce stress, improve mood, boost immune function and increase physical fitness. So, make the most of the warmer weather and embrace the outdoors!

Through the [ERS Wellness Events Calendar](#) and the attached flyer [attach June events flyer], you'll also find links to the BCBSTX Fitness and Nutrition Connect Communities and various webinars that will help you better understand your health and wellness.

Please let me know if you have any questions or concerns.

Sincerely,

[Your Name]

[Your Position]

[Contact Information]