



SETA's Wellness & Safety Awareness
June 2020 Newsletter
Volume 1/Issue 6

INSIDE THIS ISSUE

Welcome to Summer! (1)
COVID-19 & Outdoor Safety (1)
Running & Biking During
COVID-19 (2)
Health Benefits of Outdoor
Activities (3)



Welcome to Summer!

Sunny days, warm nights, BBQs, and an array of outdoor activities. As Summer approaches, we may be anxious to get outside, enjoy fresh air, and partake in our favorite outdoor Summer activities. But not so fast! As the COVID-19 pandemic progresses, we need to be cautious of our safety and be cognizant of the safety of others.

COVID-19 & Outdoor Safety

While many restaurants and brick and mortar establishments are closed, outdoor activities are a great alternative. Not only are outdoor activities great for mental health and stress reduction but they are equally as beneficial to our physical health. While the health benefits of outdoor activity are profound, it's important to stay safe and healthy during these uncertain times.

To enjoy the outdoors during this pandemic, remember these important tips:

1. **Practice Social Distancing.** Social distancing is keeping a distance of at least 6 feet from other people. For those family members who live in the same home, close proximity is permitted. However, if you are partaking in an activity with friends or neighbors who do not live in the same household, social distancing applies. Maintaining a healthy social distance may reduce the spread of the COVID-19 virus, keep you safe, and the others around you.
2. **Stay Local.** Avoid partaking in activities in other cities and limit your travel.
3. **Avoid Public Restrooms.** If at all possible, avoid using public restrooms and touching public surfaces.
4. **Wash Your Hands.** To avoid the spread of the virus, it's also important to wash your hands before and after your activity.
5. **Use Hand Sanitizer.** In the event that a sink or hand washing station is not available, use hand sanitizer before and after your activity to reduce the risk of spreading the virus.

Running & Biking during COVID-19



Physical exercise is beneficial to our overall health, and running and biking are no exception. These activities can still be enjoyed during the COVID-19 pandemic, but with a bit of caution. While partaking in these activities, remember these tips:

1. Avoid high traffic areas to ensure social distancing.
2. Run or ride in the bike lane, on sidewalks or on trails.
3. Bring water and/or snacks to avoid making fueling stops.
4. Give notice to those you are passing to avoid catching them off guard, and to keep a 6 foot distance.



Health Benefits of Outdoor Activity

Mental Health. One of the most notable benefits of outdoor activity is the effect on one's mental health. When exercising or engaging in outdoor activity, our minds are more engaged and aware of the terrain and weather, thus, promoting mindfulness.

Vitamin D. One of the most important vitamins for bone strength is Vitamin D. Just 5-15 minutes of sunlight every two days supplies the recommended value of Vitamin D.

Memory Retention. It's been noted that outdoor activity such as walking around trees can improve one's memory more than 20%! Other walks around nature have similar effects on memory as well.

Reduces Stress and Anxiety. The human hormone cortisol is known as the stress hormone. Cortisol levels drop when we spend time in nature or in rural areas versus in the city.

Improves Quality of Sleep. Sleep is essential to our overall health as it's when our bodies repairs themselves. Outdoor activity promotes better quality of sleep.

Promotes Weight Loss. Due to the fact that outdoor activity promotes better sleep, and sleep is essential for burning unwanted fat, the two working together promotes weight loss.



SETA's Wellness and Safety Newsletter (2020)

Prepared by the SETA Wellness Committee

www.seta.net/staff-resources/wellness-safety-awareness-program

Contact us: wellness@seta.net

REFERENCES:

<https://health.clevelandclinic.org/covid-19-how-to-stay-safe-during-outdoor-activities/>

<https://sharevillage.org/the-health-benefits-of-taking-outdoor-activities/>