Great Outdoors Month

June 2018

June is “Great Outdoors Month,” the perfect time to explore the diverse beauty of New Hampshire. From the mountains to the lakes, you are sure to find an activity that you love. Below are some suggestions for activities that can help you enjoy the great outdoors and get a good workout, too!

Canoeing. Canoeing is a low-impact activity that can improve strength, flexibility and aerobic fitness. Even the most leisurely paddle can be a good workout, but depending on the type of water and the distance you travel, canoeing can be a rigorous workout, too.

Kayaking. Exploring new bodies of water, such as narrow rivers, sloughs or inter-costal waterways, is possible in a kayak thanks to its relatively narrow shape compared to motorboats or sailboats. Kayaking can provide a great aerobic and upper body workout which can improve your cardiovascular health. Experiencing the fresh air and tranquil waters can also boost your mood and mental health.

Paddleboarding. Almost every muscle in the body is used at some point during paddleboarding. Because of the balance required, leg muscles will be hard at work attempting to stabilize your center of gravity, while your arms, back and shoulders are used to propel the paddleboard in the water. Your core, back and abdominal muscles are constantly at work to maintain your balance while you paddleboard.

* NH State Parks offer canoe, kayak and paddleboard rentals. For more information visit [https://www.nhstateparks.org/planning/schedule-and-fees/boat-rentals.aspx](https://www.nhstateparks.org/planning/schedule-and-fees/boat-rentals.aspx)

Camping. Never been camping before? Not to fear, REI (Recreational Equipment, Inc.) is here! Check out this list of camping supplies you will need to take with you while exploring the Great Outdoors: [https://www.rei.com/learn/expert-advice/family-camping-checklist.html](https://www.rei.com/learn/expert-advice/family-camping-checklist.html)

National Get Outdoors Day June 10th. To celebrate, all you need to do is get outside! Plant a garden, exercise outdoors or visit a local farmers market. For more information on farmers markets please visit [http://www.nhmagazine.com/nhmarkets/](http://www.nhmagazine.com/nhmarkets/)

CELEBRATE NATIONAL FISHING AND BOATING WEEK: JUNE 3-11

- Fish for FREE on June 2nd in the State of New Hampshire
- Purchase a NH fishing license that also doubles as a Hike Safe card.
- Get out on the water and rent a boat for the day– most marinas have daily boat rentals throughout the summer in NH.
- Educate yourself– make sure you know the rules and regulations of boating and fishing before casting a line or hitting the water.
- Attend an event– The New Hampshire Fish and Game Department is always holding events around the state. For more information, visit [http://www.wildlife.state.nh.us/events/index.html](http://www.wildlife.state.nh.us/events/index.html)

“Of all the paths you take in life, make sure a few of them are dirt.”
Great Outdoors Month

Continued

Walking Meetings – Why do them?

Promote creative, clear thinking. Exercising your body also helps exercise your mind, which can encourage you to think more creatively and clearly.

Achieve wellness goals. It goes without saying that walking is good for you. Meetings that encourage activity will help you and your staff get the exercise you need and will build a stronger team.

Get to the point. Something about walking meetings makes people more likely to speak concisely and in a less rambling manner.

Speak your mind. Experts believe that walking helps level the playing field between managers and staff, which enables employees to say what they truly mean.

Boost oxygen and blood flow. Walking wakes up your brain to help you communicate, enabling you to convey your ideas more concisely and accurately.

Increase productivity. Your staff members may find it easier to communicate clearly at walking meetings, helping everyone to stay engaged. As a result, productivity may increase.

True or False?

Walking can enhance creative thinking by as much as 100% compared to sitting.

Answer: True, according to studies conducted by researchers at Stanford University.

*Medical Disclaimer* - Always consult your physician before beginning any exercise program. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

Don’t go hungry while exploring outdoors! Bring some homemade granola with you.

Ginger– Molasses Granola

Ingredients:

- 3 cups old-fashioned rolled oats (gluten-free if sensitive)
- 1 cup finely shredded unsweetened dried coconut
- 1/2 cup shelled pumpkin seeds
- 1/2 cup sunflower seeds
- 1/2 cup raisins or chopped dried fruit
- 2 teaspoons ground ginger
- 2 teaspoons ground cinnamon
- 1/2 teaspoon fine sea salt
- 1/3 cup virgin coconut oil
- 1/4 cup honey
- 1/4 cup blackstrap molasses (darkest variety, which has a stronger flavor and more minerals than regular molasses)

Position a rack in the center of the oven. Preheat the oven to 275°F and line a rimmed baking sheet with parchment paper.

In a large mixing bowl, stir together the oats, coconut, pumpkin seeds, sunflower seeds, raisins or dried fruit, ginger, cinnamon and salt.

In a small microwaveable bowl, stir together the coconut oil, honey, and molasses and microwave on low until slightly melted. Or melt in a small saucepan over low heat. Pour over the dry ingredients and stir until evenly combined.

Spread out in a thick layer on the baking sheet. Bake, gently stirring every 15 minutes, until lightly browned, 45 minutes. Granola will still be moist at the end of baking, but will morph into crunchy goodness once it has cooled completely.

Store in a glass jar with a lid at room temperature. Granola will stay fresh for several weeks and likely be devoured long before expiring.

July Sneak Peek:

Hike NH