



A BREATH OF *Fresh Air* WITH TAPS OUTDOORS

Changing Landscapes • November 2020

NOVEMBER THEME: CHANGING LANDSCAPES

Week 2: November 18-24

Activity: Moving Through Change

In our seventh episode of [A Breath of Fresh Air](#) with **#TAPSOudors**, we are taking the next step (literally) in our theme of [Changing Landscapes](#).

In week one we acknowledged change, in week two we got grounded in what doesn't change and now in week three we are **Moving Through Change**.

The activity for this week is all about *incorporating movement* into your connections with the Changing Landscapes around you, and it can be as simple as walking about your yard, taking a short walk during a break at work, or even dancing about your living room holding a house plant that's dropped blooms and leaves.

Moving Through Change, as we know, isn't a simple, straight path. Navigating change can be complex, bumpy, unexpected and can even bring us moments, sometimes many moments, of joy.

We know change is inevitable. But, once we acknowledge it and find ways to come back to a grounded center, we can move through and navigate the constant changes we face, even finding beauty and joy along the way.

There are countless ways to move outdoors, but we've put together some tools to help you find the right places for you and support your exploration of movement in nature.

We invite you to share what these experiences are like for you or other ways you move through changing landscapes.

Supporting You Through Many Different Changing Landscapes: **Around the Home**

You don't have to go far to having meaningful and moving experiences in nature. We encourage you to find ways to move around near your home!

- Dance around the back yard.
- Take your workout outdoors.
- Do some gardening for spring blooms.

Go On a Hike

- [Read our 3 Step Hiking Guide to Prepare for Any Trail – Even Grief](#) that provides resources on *trail selection, trail etiquette and even gear advice*.
- There are a number of benefits to outdoor movement, including activities like [Forest Bathing](#).

Explore Beyond

If you're a regular hiker, take this opportunity to expand beyond your current comfort zone. Be curious and explore new ways to navigate the changing landscapes around you.

- Challenge the way you do your go-to activity. How can you change it up? Find a new trail, a new trail meditation, or take it slower or faster than normal?
- Or, try a new activity like biking, paddling, snowshoeing, trail-running and beyond!

When you're ready, remember to share your experience with us by taking a photo or video and sharing it using **#TAPSOudors** or email us at expeditions@taps.org.

Learn More about Movement in Nature from the Research

While we know, intuitively, that moving in nature improves our well-being, here are just a few articles that support the benefits of physical activity in nature through research:

- [The great outdoors: how a green exercise environment can benefit all](#)
- [Exercising in nature has psychological and emotional benefits](#)
- [The Relationship between the Physical Activity Environment, Nature Relatedness, Anxiety, and the Psychological Well-being Benefits of Regular Exercisers](#)

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