



Catch Some Rays Challenge

We're used to hearing about how too much of the sun's warm rays can be harmful to your skin. But did you know the right balance can have lots of [mood-lifting benefits](#)? Exposure to sunlight is thought to increase the brain's release of a hormone called serotonin. Serotonin can boost your mood and help you feel calm and focused.

According to the [World Health Organization](#), getting anywhere from 5 to 15 minutes of sunlight on your arms, hands and face two to three times a week is enough to enjoy the vitamin D-boosting benefits of the sun. **Note: The sun must penetrate the skin. Wearing sunscreen or clothing over your skin won't result in vitamin D production.*

DIRECTIONS: Using the tracking sheet on the next page, list what you do each day to get outdoors to catch some rays (*in moderation*). Take a moment daily to reflect on how you felt after getting outdoors. Here are a few suggestions for adding a daily dose of sunlight:

- **Enjoy quiet time.**
 - Birdwatch
 - Read a book
 - Open windows and take in deep breaths of fresh air – even for a few minutes each day
- **Learn something new.**
 - Pick up a new outdoor hobby such as gardening, woodwork, etc.
- **Move your body.**
 - Take a walk
 - Hike
 - Play a sport (tennis, basketball, etc.)
 - Ride a bike
 - Try practicing yoga outdoors
 - Visit a local or state park
- **Volunteer to clean up your community or a nearby park.**



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WORKING FOR A HEALTHIER TN

TRACKING SHEET

Week 1	Outdoor Activity:	How it made me feel:
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Week 2	Outdoor Activity:	How it made me feel:
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

NAME: _____ **Agency:** _____

Submit completed tracking sheet to WFHT.TN@tn.gov.
 Let us know how you liked this challenge by completing a short survey [HERE](#).