

RECREATION

To participate in [Nature Among Us: Recreation](#), please visit our Daily Discovery Blog!



ECOLOGICAL BALANCE

When you recreate in nature or an urban natural place, you have the chance to create positive human-ecological relationships in your community! By recreating in a safe and healthy way, you play a direct role in protecting local ecosystems. Can you show a friend or family member how to recreate responsibly?

SAFETY

There are endless ways to recreate in our local natural places, and we all need to make sure we spend our time outdoors safely! Be sure to wear a helmet if you are cycling or horseback riding. And be aware of the specific instructions for different types of recreation. What is a way you choose to safely recreate.



HEALTH

Recreating in your local natural places is a great way to exercise and have fun! Outdoor exercise is good for your health and can help you feel more connected with the Fort Collins community. You can also bring a healthy picnic or energizing snack along while recreating to fuel your body and soul in the great outdoors! How do you like to recreate in our local natural places? What is your favorite healthy snack to bring outdoors?



DIVERSITY

The best part about outdoor recreation is that you can create your own unique experiences by exercising and exploring the outdoors! You can recreate in a way that feels best for your body, or follow a guild for recreation. Together with your family, friends and community; you can find new and exciting ways to recreate and have fun! Can you discovery a new way to recreate in a natural place?

