



Community Concerns

Focusing On Yourself And Helping Others Can Improve Your Health

(NAPSA)—Taking better care of yourself, your family and community can be simple—and it doesn't have to cost a lot of green. Try these tips for improving your health and the area where you live:

Healthy Families

For an increasing number of families, healthy relationships mean a different twist on traditional togetherness. Consider establishing a family game night and play board games. Another idea is to take a walk or bike ride together after dinner—and homework—before everyone goes off into separate rooms. As you walk or ride, you can discuss the day, learn from each other and enjoy nature along the way.

Healthy Lives

Active lifestyles lead to happier and healthier people. Whatever your budget or the weather, hitting the great outdoors for a walk, run, cycle or hike can help alleviate stress, burn calories and raise endorphin levels—without an expensive gym membership. For information on free hourly outdoor classes and presentations, including events on bike maintenance or ski and snowboard waxing, check out an REI store or REI.com. When you're in the mood to try something new and nearby, consider REI Adventures and REI Outdoor School's human-powered, weeklong, weekend or one-day getaways for you and your family. The store's knowledgeable employees can also help you get the advice or gear you need for your next outing, whether you're an



Playing outdoors is a great way to connect with your family while also burning calories.

expert outdoors enthusiast or a novice adventurer. For those wanting to explore new adventures without equipment commitment, there are seasonal rental departments.

Healthy Communities

Helping others can also help you. Arizona State University found that volunteering leads to the release of endorphins in the brain, a phenomenon sometimes known as "helper's high." REI partners with many not-for-profit organizations and connects people with community service projects. You can visit REI.com or VolunteerMatch.org for volunteering opportunities. You might also consider getting your entire family involved. An annual household volunteer day could be a simple, inexpensive and meaningful way to lift your spirits and strengthen family bonds.