

PHYSICAL FITNESS & OUTDOOR WELLNESS

RESOURCE GUIDE

- [How to Perform Compression Only CPR](#) (Video)
 - With a half-million cardiac arrests each year, CPR increases the likelihood of surviving cardiac arrest, when the heart stops beating or beats too ineffectively to circulate blood to the brain and other vital organs.
- [Top 10 Water Safety Tips](#) (Video)
 - Water Safety is essential for preventing injuries and drowning, especially around bodies of water like pools, lakes, rivers, and the ocean.
- [Learn How to Choose the Appropriate Sunscreen](#) (Article)
 - You know you need sunscreen. But with so many lotions, sprays and gels to choose from, how do you know which sunblock will actually prevent sunburns — and skin cancer? When it comes to shielding your skin from the sun, the type of sunscreen you choose is as important as how you use it.
- [The Benefits of the Outdoors](#) (Article)
 - It is more important than ever that we encourage children and adolescents to spend time outdoors by creating safe and supportive places and spaces for them to be more active.
- [Psychological Impact of Spending Time in Nature](#) (Article)
 - Psychological research is advancing our understanding of how time in nature can improve our mental health and sharpen our cognition
- [Hot Weather Exercise Tips: Stay Safe & Hydrated](#) (Article)
 - When summer arrives, it's crucial to take precautions against dehydration and heat-related illnesses. According to the Centers for Disease Control and Prevention (CDC), about 300 Americans die each year from heat-related conditions—and many of these deaths could be prevented with better awareness and preparation.

