

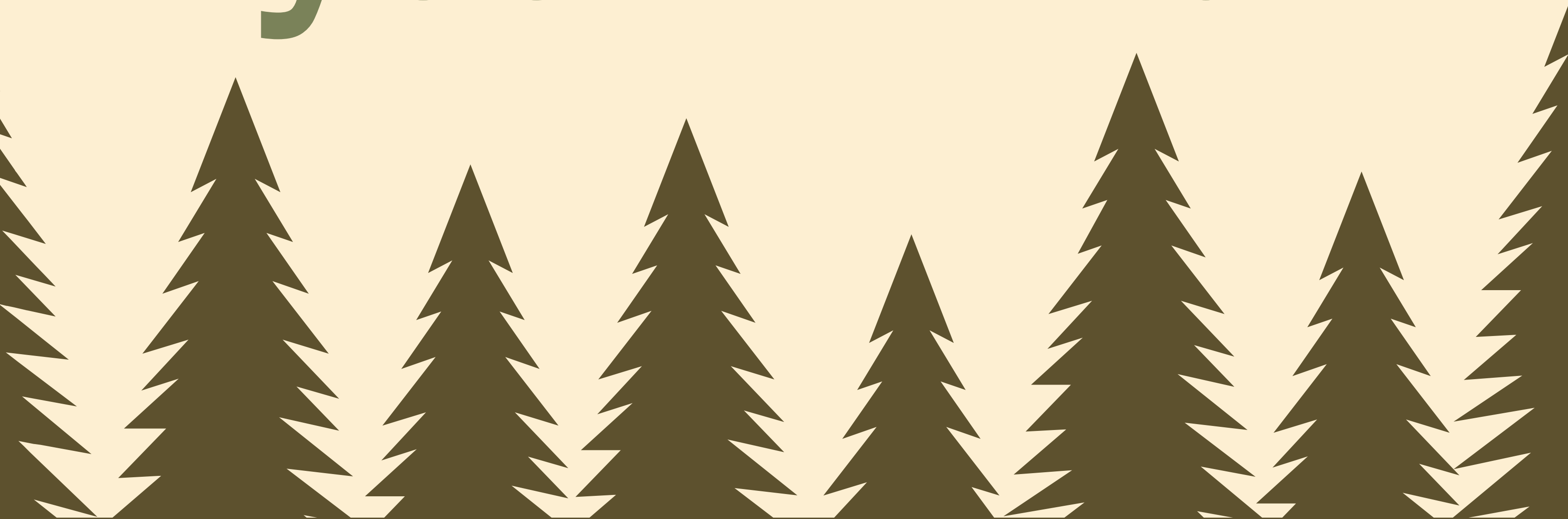


TEXAS
Health and Human
Services

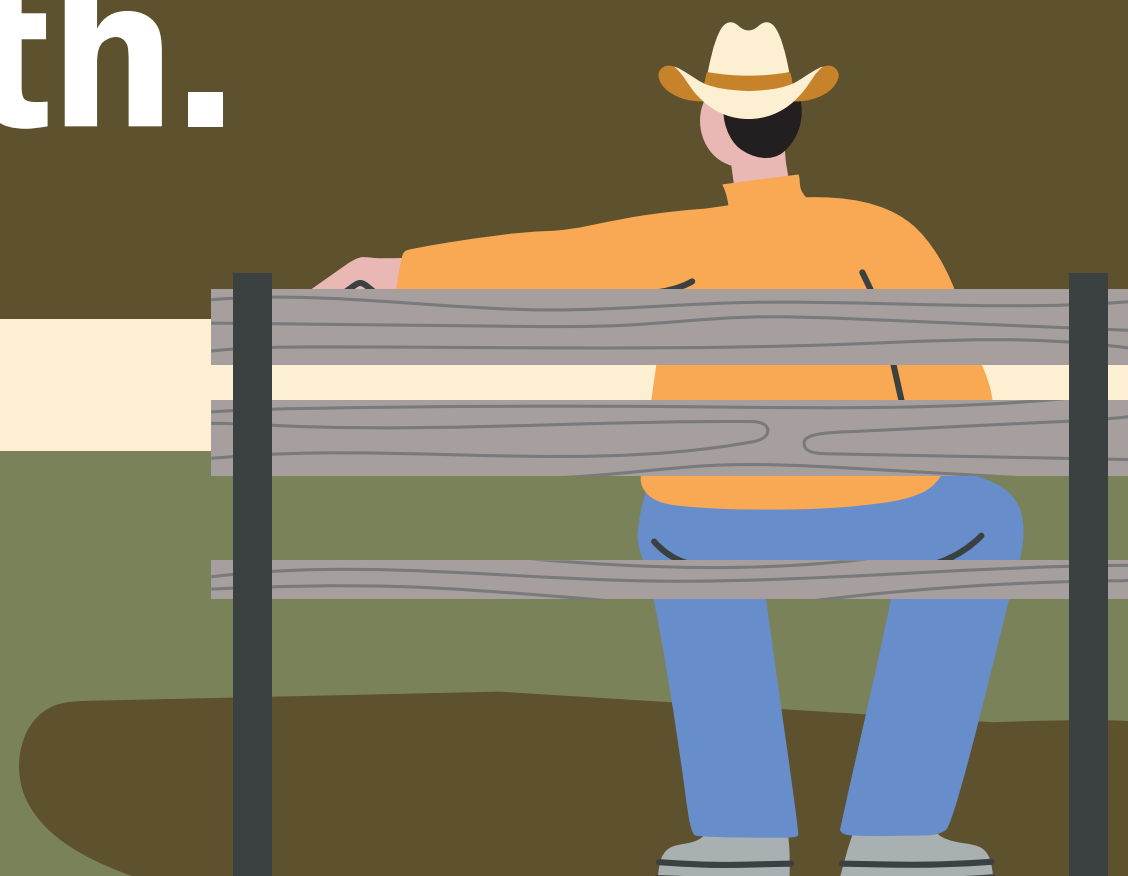
Texas Department of State
Health Services



Be kind to your mind.



**Spend time outdoors to improve
mental health.**



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Fresh air helps your body and your brain!



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The great outdoors is great for mental health.



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Take a hike!



**Biking, hiking, walking, or
running – this trail helps
improve your physical
and mental health.**

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Move your body, boost your brain.



Your mental health benefits from every step, pedal, or skip.

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