Recharge Harvard: Fun in the Sun

It’s time to take time off work and enjoy some fun in the sun!

Have you ever felt better about yourself after spending a day outside? It’s not an illusion! Being outside has been **shown to be physiologically beneficial**—lowering blood pressure, elevating vitamin D production, and improving sleep. Outdoor activities can also relieve stress, clear your mind, **improve attentiveness and creativity**, and put you in a **better mood**.

So let’s get outside! Explore Eastern Massachusetts:

- **By foot.** Find a hiking trail that suits your skill level.
- **By bike.** Ride one of the many rail trails in and around Boston. (Don’t own a bicycle? Rent a Bluebike with a Harvard discount.)
- **By wheelchair.** Enjoy the view at accessible scenic vistas; roll along paved or stone dust trails; or take advantage of accessible recreation activities offered in state parks, including golfing, boating, cycling, skiing, and more.
- **By boat.** Rent a canoe or kayak on the Charles River.

While the **benefits of green spaces** have been **well documented**, did you know that **blue spaces like rivers and oceans are also beneficial to our health**? **Outings & Innings** offers discounts on many ways to spend time on the water, including ferries to Provincetown, Salem, or the Boston Harbor Islands; whale watching; and a Charles River sightseeing tour.

Whatever activity you choose, enjoy the great outdoors and don’t forget the sunscreen!

---

**July 22-24**

Revere Beach welcomes the world’s greatest sand sculptors for the **International Sand Sculpting Festival**. Admire amazing works of art, enjoy live entertainment, and sample the wide selection of food truck offerings.

Image from reverebeach.com
Digital Downloads

Lawrence S. Bacow
President

“Taking long walks with my wife, Adele, is a favorite. One of our well-worn paths is a wonderful boardwalk through the mangrove swamps in Florida. In a gazebo along the way, there is a guest book in which someone wrote: ‘If you want to see something new, take the same walk every day.’ I’ve always loved that bit of wisdom.”

Lisa Valela
Director, Graduate Commons Program

“I love days that include a variety of activities that lift my spirit — catching up with friends or family over a meal, attending a concert or play, or hiking in a beautiful setting. It’s important to be intentional about scheduling, even if you have a lot on your plate.”

Digital Downloads

Nothing says, “Ask me about my upcoming vacation plans” like downloadable zoom backgrounds! Save time with pre-written Out of Office messages for while you’re away! These, plus adult coloring pages to get you in a zen state can all be found on the Recharge Harvard website.

Your Outdoor Oasis Playlist

Do you have a soundtrack for enjoying fun in the sun? Compile your own custom playlist, starting with some of these summertime favorites.

• Sunroof – Nicky Youre & dazy
• Riptide – Vance Joy
• Late Night Talking – Harry Styles
• Are You Bored Yet? – Wallows (feat. Clairo)
• About Damn Time – Lizzo

Add our Spotify playlist to your library!

Visit the Recharge Harvard website for more information.

The Recharging Station

- Scientists have found that complicated patterns like fractals in nature draw our eyes, reduce stress, and relax us.
- Catch some live music or a movie—outdoors!
- Did you know that gardening is one of the healthiest hobbies?
- Need to convince a movie buff to get out of the house? Visit one (or all?) of these outdoor film locations in Massachusetts.