



*Greetings from your*

# OUTDOOR OASIS

## 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](http://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!

## 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.

Visit the [Recharge Harvard website](#) for more information.