

STAY ACTIVE & GET OUTDOORS

TEACHERS AND STUDENTS,

This has been a crazy spring, but we hope you have a safe, fun summer with lots of time outdoors. We've included a short list of ways you and your family and friends can stay active and healthy in and around San Antonio. These are great options, but remember, getting outdoors can be as easy as throwing a frisbee or going for a walk! As always, safety first!

Have a great summer!

— *H. E. Butt Foundation Outdoor School Team*

TO STAY SAFE OUTDOORS:

- Follow any social distancing standards in place.
- *Always* tell an adult where you'll be and when.
- Go with a friend or family member.
- Bring your phone (for safety and apps/pictures)!
- Bring plenty of water and a snack.
- Wear closed-toed shoes when hiking.
- Wear sunscreen and other forms of sun protection.

HEALTH APPS

- Spring Moves
- Map My Run
- Waterlogged
- Fooducate
- Headspace
- Sleep Cycle

PLACES TO HIKE

- Government Canyon
State Natural Area
- Mission Reach
- Eisenhower Park
- Friedrich Wilderness Park
- Comanche Lookout Park
- Cibolo Nature Center

MORE FUN

- San Antonio Botanical
Gardens
- Witte Museum
- Mission Kayak
- SUP SATX
- BCycle
- Armadillo Boulders
- San Antonio Zoo
use code HEBFDN20A for
20% off single day admission

