



## NUTRITION AND FITNESS IN OUTDOOR RECREATION

**DECEMBER 13, 2023**

**10:00 AM ET**

The health benefits of outdoor recreation are multiplied when combined with a healthy diet and regular exercise. Join our guests from the team at Tallahassee Memorial HealthCare to discuss which foods best support an outdoor lifestyle and other nutrition insights. We'll also explore the overlap between outdoor recreation and outdoor exercise with a look at the benefits of staying active outdoors and ways to elevate your normal walk or hike into a workout.

**REGISTER NOW!**

[www.floridadep.gov/ogt](http://www.floridadep.gov/ogt)



**AFAF QASEM**

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