Week of April 27, 2015

Extension News You Can Use
Pack Up, Gear Up, and Climb Up!

Summer is just around the corner, the sun is shining and the itch to travel is growing! Finances for many families are tight and technology is pulling everyone away from some very important things – relationship and nature. Seeking entertainment during the summer can be costly and is often used to distract from daily life and help us escape reality.

Many of us know the pains of “vacation weight gain”…and here we thought we were gearing up for swim suit season! What if there were some great ways to get that vacation, save some money, spend time together (without the phones and Wi-Fi) and keep our bodies happy and healthy?

The good news is we live in one of the most beautiful states (as all Tennesseans believe) that provides many opportunities for us to escape the stress of life and connect with family, friends and take a fresh breath of air. There are many breathtaking views in TN just waiting to be explored. The National Park services offers a long list of hikes to waterfalls, grandiose views and rock formations. The Tennessee State Parks website has a long list as well. Historical sights are scattered all across the state, some are free for the looking and others have a small admissions fee. Check out these websites for information on places to explore:

- www.tnstateparks.com/activities/hiking
- www.nps.gov/grsm/planyourvisit/things2do.htm
- www.onlyinyourstate.com/tennessee

Before you take off on these adventures – be sure you’re ready to stay healthy while making memories of a lifetime!
1. Stay hydrated – always pack water! Water bottles are great for transportation and easily refillable (to help same money!)
2. Pack snacks – bring along some homemade trail mix, granola bars or fruit to keep your body fueled with energy.
3. Slather The Sun Screen – being in the sunlight can cause serious sunburns, severe dehydration and many other challenges. Be sure to put on lots of sunscreen before leaving the house and bring it along to reapply every few hours!
4. Camera – this is essential! You’ll catch some great views, good memories and capture some laughs if you be sure to bring it along.
5. Bring Lunch – if you’re going to be out over the lunch period, pack a sandwich with your gear and enjoy the picnic in the great outdoors.
6. Proper Attire – be sure to wear supportive footwear, comfortable clothing, a hat to protect from sun and a pair of sunglasses to protect your eyes.

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