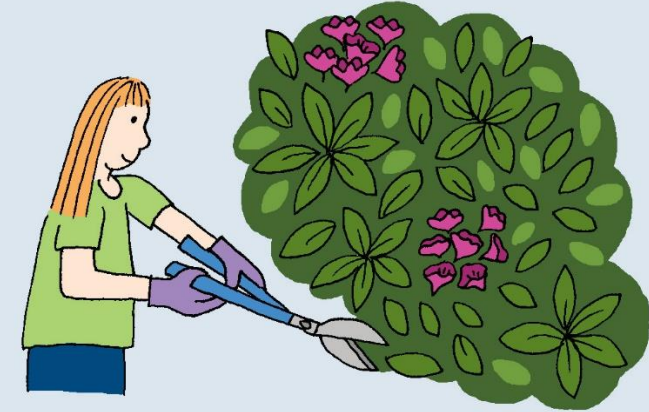


# Workout with nature

Rather than going to the gym for some exercise, volunteer for a couple of hours on a local nature reserve or within your community. It's sociable and fun, and you'll burn those calories off too!



Litter picking



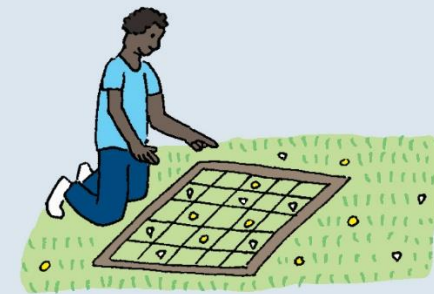
Cutting back Rhododendron



Helping others enjoy nature



Sow a wildflower meadow



Conduct a plant survey