Spending time outdoors is good for your mind and body.

All reliable health sources agree that it is safe to go outside for fresh air and exercise. Being outdoors helps us stay active. It also helps with stress and anxiety.

You are allowed to go out for fresh air and exercise, even during the stay-at-home order.

There are many safe activities to do.

Try to find something to do outside, each day. Some ideas are walking, bike riding, bird watching, gardening, enjoying time with close family, or saying hello to a neighbor.

To stay safe outside:

- Keep 6 feet away from others.
- Stay close to home. This means your yard, your neighborhood, or a local park or trail.
- Do not use playground equipment or structures.

Parks and trails in the City of Bangor are open. There is a lot of space to enjoy!