



Outdoor Play: Fun 4 4 Seasons

Stephen L Priest

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Outdoor Play "Fun 4 4 Seasons" enthusiastically portrays a daily commitment to the outdoors for health and fitness. This book is full of short story adventures that give the reader an overview of multiple outdoor things to do. The message is to get outdoors and do something. The only competition you have is the task at hand. Do not worry about reaching the top of the mountain - just concern yourself with staying on the path. Places to Play in Northern New England tell where to discover outdoor treasures. New Hampshire, Maine, and Vermont are emphasized for their unique outdoor offerings. The Great North Woods, Maine Island Trail, Appalachian Trail, and the Northern Forest Canoe Trail have references galore. Campsite tips to cook an egg in an onion, paddling on exceptional waters, smart phone apps, giant pumpkin regattas, winter sleigh rides, triathlon clubs, indoor bike training, sea kayaking, island camping, and advice on preparing for the outdoors are amongst diverse stories shared. Videos and action pictures proclaim the physical fitness and mental health impact of the outdoors. Outdoor Play "Fun 4 4" Seasons starts with a process – How to be an Outdoor Enthusiast. The middle sections are the seasons of the year, Spring, Summer, Fall and Winter from Steve's blog – Outdoor Enthusiast. Outdoors as a Component of Daily Life and Eclectic Sharing provides unique tips and readings. Places to Play in Northern New England, offers web sites, clubs and local activities as sources to learn and participate. The last section, The Beginning, is Steve's personal story of how he went from a debilitating injury to a daily outdoor enthusiast. The book shows how, where, and ways to make outdoor activity a stress reliever and a "lifestyle for the long haul". Regardless of age, limited time, family commitments, or knowledge of an activity, Outdoor Play "Fun 4 4 Seasons" is a must read for all. "Everyone must believe in something. I believe I'll go outdoors with my family." – S. Priest

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Playing with family inside a park, coming to see the ocean world or hanging out with friends is thing that usually you have done when you have spare time, after that why you don't try point that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Outdoor Play: Fun 4 4 Seasons, it is possible to enjoy both. It is good combination right, you still need to miss it? What kind of hang-out type is it? Oh can occur its mind hangout fellas. What? Still don't obtain it, oh come on its referred to as reading friends.

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