

# Natural Benefits

E	L	G	E	H	A	G	I	L	I	T	Y	A	Y
I	A	G	B	A	L	A	N	C	E	N	L	T	M
A	C	T	U	Y	H	I	K	I	N	G	I	F	E
S	I	R	O	E	L	H	R	A	A	L	R	O	N
T	S	A	A	G	E	T	T	R	A	E	E	R	T
A	Y	I	L	D	E	C	I	U	K	F	C	E	A
T	H	L	P	U	E	T	D	L	I	A	H	S	L
E	P	S	E	L	F	I	H	L	N	L	A	T	H
P	C	L	F	R	V	E	D	E	G	S	R	H	E
A	H	E	S	I	K	L	C	N	R	T	G	T	A
R	R	L	D	G	I	E	C	A	A	N	E	E	L
K	K	N	S	W	S	L	H	A	E	I	E	I	T
S	I	N	L	A	N	D	S	C	A	P	E	S	H
O	F	C	H	A	L	L	E	N	G	E	S	A	S

FOREST  
INDIVIDUALITY  
PHYSICAL  
STATE PARKS  
TRAILS  
AGILITY  
CHALLENGES  
TOGETHERNESS  
RECHARGE  
HIKING  
MENTAL HEALTH  
REFLECT  
LANDSCAPES  
BALANCE  
PEACEFUL  
WILDLIFE

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