

CELEBRATING THE GREAT OUTDOORS WITH KIDS ... Community Blog Post – Innsbrook Resort

Remember when your nephew unexpectedly won his first fishing tournament and the smile that covered his face as he wrestled the lengthy, floundering catfish? Does your heart melt when you see two cousins linking arms, nearly knocking each other over as they anxiously wait for nightfall that is certain to bring the sharing of treats and stories around the campfire?



Being outdoors often brings balance to children's lives. There are many reasons for a family to gain a different perspective by venturing outside. Innsbrook provides a comforting environment for kids and adults to explore, often in a property owner's own backyard. This is helpful since kids are experiencing a contrasting world at school and at home. Even well-rounded kids are regulating tasks from school, maintaining responsibilities at home and staying in touch with friends instantly through social media and other online activities.

The American College of Pediatricians reports an increase in childhood obesity, irregular sleep patterns and behavioral issues associated with too much [screen media exposure](#). Making the switch from constant screen time to a lush, nature-filled community could be a welcome respite for the mind and body.

[Harvard Medical School](#) shares many benefits from time spent outdoors, including: increased vitamin D levels, improved concentration and most are happier since sunlight elevates moods. The warm sun and the ever-green trees and plants add endorphins and oxygen to our systems, lessening disease and increasing our state of well-being.

Time outdoors also provides opportunities to learn new activities and hobbies that may offer a break from an otherwise intensified environment. When kids spend time outdoors, they are bonding with family, sharing memories with other family members and connecting to multi-generations together. Innsbrook offers events for kids of owners or vacationers of all ages including survivor camps, tennis workshops, teen movie nights, a bonfire bash and much more! At Innsbrook kids can train for a triathlon, learn equestrian skills and even drift on the lake with their grandfather, learning how to paddle or steer a boat.

Innsbrook offers many programs that appeal to a multitude of kids' preferences and the family's schedule. Grab some sunscreen, a picnic basket and a Frisbee and encourage your family to make a trek outside. Since the facilities are all nearby, it's easier to balance the activities with everyone's calendar. Also, if they do participate in a team sport, it's convenient to jump in the car and attend the event, and return in less than an hour to enjoy the rest of your time.

See how your kids and you can benefit by spending time outdoors by participating in a variety of activities. For a complete listing, visit www.innsbrook-resort.com and check out the calendar.