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Get Outside!

Being active outside can help with so many facets of your health. The Chapel Hill area, triangle region, North Carolina, and our neighboring states are full of amazing outdoor locations for all of your adventures.

If you're new to the area, check out our blog on the [top 22 places to play near UNC](#) [1]. We also recommend connecting with [Carolina Adventures](#) [2].



[3].

Source URL: <https://campushealth.unc.edu/health-topics/physical-activity/get-outside>

Links

[1] <http://healthyheels.org/2012/08/01/get-outside/>

[2] <https://campusrec.unc.edu/programs/carolinaadventures/>

[3] <http://campusrec.unc.edu/programs/carolinaadventures/>