J. Scott Outdoors Group
TRAINING STARTS HERE

THE HEALTH BENEFITS OF TIME IN NATURE

REAL EXPERIENCES • REAL SKILLS • A BRIGHTER TOMORROW

BETTER FOCUS
Helps reduce ADHD symptoms and improves attention

DEEPER APPRECIATION FOR NATURE
Inspires curiosity, respect for the environment and a lifelong love of the outdoors

LESS SCREEN TIME
Helps create a healthy balance and encourages active, hands-on learning

GREATER CONFIDENCE
Builds self-esteem through real-world challenges and accomplishments

VITAMIN D & IMMUNE SUPPORT
Natural sunlight helps build strong bones and a stronger immune system

MORE PHYSICAL ACTIVITY
Builds strength, improves coordination and supports a healthier lifestyle

STRONGER SOCIAL SKILLS
Encourages teamwork, communication and meaningful connections

IMPROVED MENTAL HEALTH
Reduces stress, anxiety and depression
Boosts mood and emotional well-being

NATURE BUILDS STRONGER KIDS

A Healthier, Happier, Stronger Generation

LEARN New Skills
CONNECT With Others
RESTORE Mind, Body & Spirit
GROW Stronger Together
EXPLORE Create Memories