

7 benefits of OUTDOOR ACTIVITY



Did you know that just looking at pictures of nature can lower your blood pressure and reduce stress and mental fatigue? It turns out that exercising outside has more benefits than you might think. Here are seven ways that exercising outdoors can help your mind and body.

1. Increased activity

Children have been shown to be twice as active if playing or exercising outdoors, and this may also apply to adults.



2. More social interaction

People who exercise outdoors often have more social relationships. Whether walking with a friend or participating on a team, social interactions help develop lasting friendship that are an important part of developing feelings of connectedness and overall mental health.

3. Super cell development

The disease-fighting cells in your body (called NK or Natural Killer cells) can increase by up to 50 percent after spending time outdoors.



4. Vitamin D boost

With exposure to the sun, vitamin D levels increase. Studies have shown that vitamin D may offer protection against:

- Osteoporosis
- Depression
- Cancer
- Heart attacks
- Stroke

5. Less pain and better healing

A study of spinal surgery patients indicated that those who were exposed to natural light while exercising experienced reduced pain and faster recovery.



6. Better concentration

Studies have shown that children with ADHD scored higher on tests of concentration after a walk through a park.



7. Improved mood and reduced stress

Exposure to natural light has been shown to elevate a person's mood. Studies have also documented a boost in self-esteem.

Although exercising indoors gets you moving, it's clear that exercising outdoors when possible has added mental and physical health benefits.
So why not take as little as 30 minutes today to get outside for some fresh air and exercise?

CLICK THE LINK TO TAKE A SHORT QUIZ FOR PROOF OF COMPLETION:

<https://www.surveymonkey.com/r/J2NKNYN>