



Benefits of Being in Nature

Taking care of our health can be a tough task. We're constantly reminded to eat healthy, go to the gym, de-stress, turn off our phones from time-to-time and the list goes on. But the biggest impact on our health is the environment.

Exercise

- Being outside normally means you'll reduce time spent sitting
- Even 15-30 minutes of exercise each day has long term benefits for your mind and body

Stress Relief

- Studies show that being in nature reduces tension and depression
- It increases positivity and emotional stability

Relationships

- We all spend too much time in front of a screen
- Getting out into nature is a great way to reconnect with family and friends and catch up in person

Enhances Creativity

- Being able to see, feel, touch, and smell so much boosts your creativity
- A German study showed that even looking at the color green for a few seconds triggered greater creativity than other colors

Happiness

- Spending time in nature significantly increases a sense of well-being
- You get more energy, happier, and feelings of stress and negativity are reduced

Improves Focus

- Studies show that both adults and children who have difficulties focusing or controlling impulses are better able to concentrate after being in nature
- The natural world allows our brains to take a break from all that mentally drains us
- It even reduces symptoms of attention-deficit/hyperactivity disorder (ADHD)

Vitamin D

- We all need just 10-15 minutes of sunlight per day for our bodies to produce the proper levels of vitamin D
- Vitamin D has a wide range of health benefits and helps boost our immune systems

Sleep

- Being in nature can increase sleep quality
- Exposure to sunlight during the day can increase your melatonin production at night
- Melatonin is needed to regulate your sleep cycle

Eyesight

- So much time behind a screen can take its toll on your eyesight
- Spending time outdoors gives your eyes a chance to focus on objects farther away
- This can reduce eye-strain

Memory

- In general, taking a walk is great
- A study from the University of Michigan showed participants who took a walk in nature versus a walk in the city performed 20% better on a memory test

Concentration

- Taking a break in nature can improve your concentration by giving your brain a well-needed break
- Leave your phone behind and let your mind unwind from the overstimulation brought on by modern, busy life

Weight Loss

- Spending time at higher altitudes can speed up your metabolism and decrease your appetite

Youthful

- One study showed those in their 70s who spent time outdoors every day had fewer complaints of common aging pains than those who didn't