



10

REASONS TO
GO OUTSIDE



1



A photograph of a forest with bare trees and a green field, overlaid with a green triangle on the left side.

1

IMPROVE
FOCUS

1

Interacting with nature gives your brain a break from everyday overstimulation, which can have a restorative effect on your attention levels.

IMPROVE
FOCUS





2



2

EASE DEPRESSION



2

EASE DEPRESSION

Nature walks are linked to enhanced mental health and positivity, as well as significantly lower levels of depression and feelings of stress. Had a particularly hard day? Grab a friend or your significant other for a post-work mood booster.



The image features a background of tall, golden-brown grasses with feathery seed heads, some of which are in sharp focus while others are blurred. A semi-transparent green rectangular overlay covers the middle portion of the image. On the left side of this green overlay, the number '3' is written in a large, white, serif font.

3



3

IMPROVE OUTLOOK



3

If you're dreading the thought of spending another workout chained to the treadmill, move your run outdoors for a quick burst of happiness. People who walk, bike, or run in nature have a lower risk of poor mental health than people who work out indoors.

IMPROVE OUTLOOK



4



STRENGTHEN IMMUNITY

4

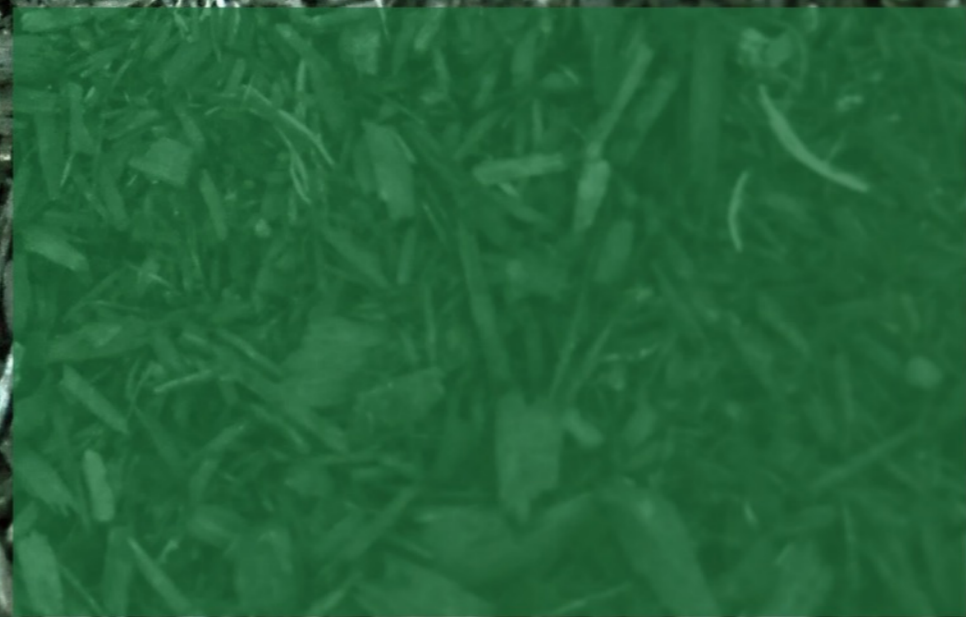


STRENGTHEN IMMUNITY

Women who spend six hours in the woods over the course of two days have an increase in virus- and tumor-fighting white blood cells, and the boost lasts at least seven days afterwards.

4



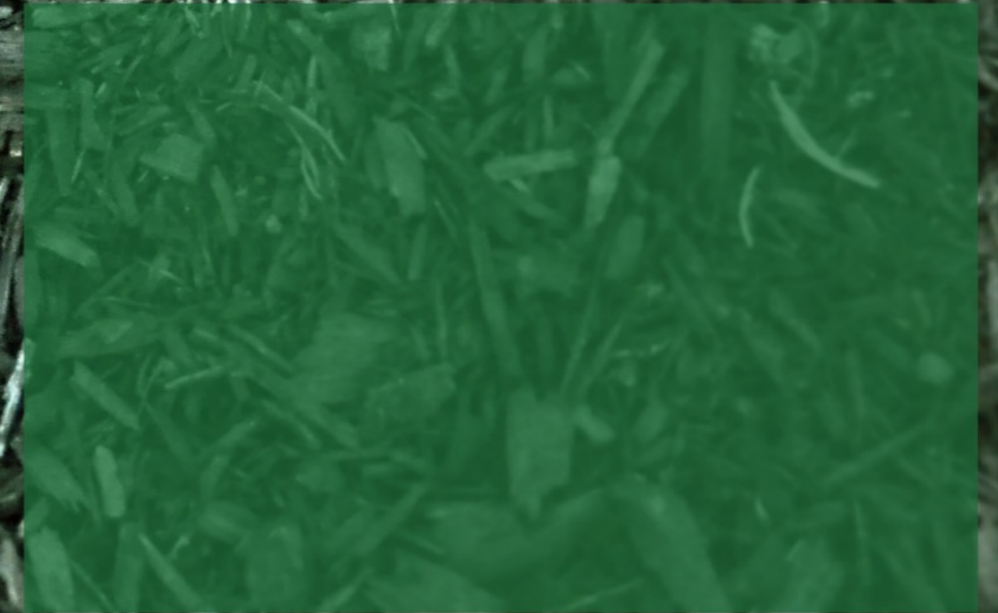


5



5

BOOST
CREATIVITY






5

BOOST
CREATIVITY

If you're trying to solve a problem or come up with a brilliant idea, take a walk outside. *Walking outside* produces novel and high quality ideas.

A photograph of a rocky coastline with a green diagonal overlay. The rocks are dark and textured, with some white patches. The water is dark and turbulent. The green overlay is a solid color, slanted from the top left to the bottom right.

“If you truly love nature, you will find beauty everywhere.”

-Vincent Van Gogh





6

IMPROVE
WORKOUTS

6



IMPROVE WORKOUTS

6

In addition to boosting your mood, outdoor exercise can be more challenging, leading to greater physical gains. For instance, if you walk, jog, or cycle outdoors, you'll have to expend more energy to overcome wind and changes in terrain.



7



INCREASE
VITAMIN D

7



An aerial photograph of a grassy field with various types of grass and some weeds. A dark green semi-transparent banner covers the top left corner, and a lighter green semi-transparent banner covers the bottom right corner. The text 'INCREASE VITAMIN D' is written in white, uppercase letters on the top banner. A large white number '7' is positioned to the right of the text. The text 'Vitamin D fights infections, including colds and the flu, and could prevent chronic diseases that claim nearly one million lives each year.' is written in white on the bottom right banner.

INCREASE
VITAMIN D

7

Vitamin D fights infections, including colds and the flu, and could prevent chronic diseases that claim nearly one million lives each year.





8

HEALING
POTENTIAL

8

HEALING POTENTIAL

8

Older adults who spend more time outdoors have less pain, sleep better and have less functional decline in their ability to carry out their daily activities.






9



9

IMPROVE
MOOD

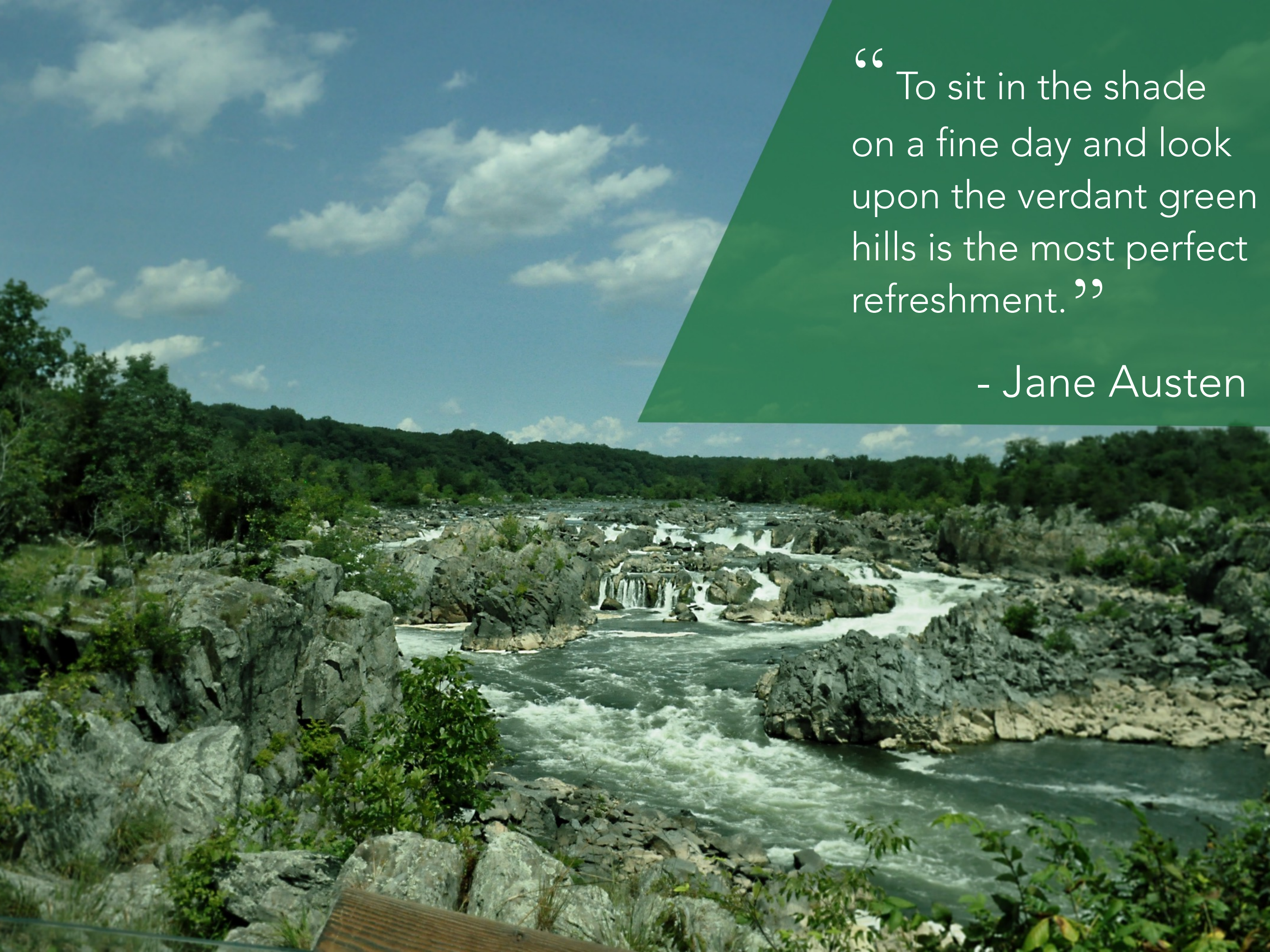


Seasonal Affective Disorder (SAD) is the cause of reoccurring depression for many women in the U.S.

Researchers believe SAD is a result of shorter days in the winter, and less natural light. One quick and easy treatment for SAD: more time outside (even when it's chilly or cloudy).

9

IMPROVE
MOOD



“ To sit in the shade
on a fine day and look
upon the verdant green
hills is the most perfect
refreshment. ”

- Jane Austen



10




10

BOOST
ENERGY
LEVELS

10

BOOST ENERGY LEVELS

Going outdoors has unseen therapeutic effects that actually increase your energy levels.



“Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of Autumn.”

- John Muir



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SOURCES

fitness.mercola.com

news.health.com

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