

Outdoor Power

You gain numerous benefits when immersing yourself in nature and taking in the fresh air.

There are countless ways to reap the benefits of fresh air. You can stay active by exercising, enjoying a meal, reading a good book, or spending time with friends.

Some healing benefits of spending time outdoors are:

Improves sleep

Natural light helps regulate your circadian rhythm, giving you better sleep at night

Improves physical health

You can improve your cardiovascular health by simply walking or doing yoga.

Improves mental health

Spending time outside can reduce stress, anxiety, and promote a sense of calmness

Stimulates your immune system

When you're around trees which emit phytoncides. Phytoncides help the body increase the number of natural killer cells which fight off viruses and cancer.

Natural source of Vitamin D

Sunlight exposure is a natural source of Vitamin D which boosts bone health and your immune system

