

# It's time to get outside.

Spending time outside has a ton of health benefits, both physically and mentally. Here are some of the biggest ones:

## **Physical Benefits**

**Boosts Vitamin D Levels** – Sunlight helps your body produce vitamin D, which supports bone health, immune function, and mood regulation.

**Improves Cardiovascular Health** – Activities like walking or running outdoors can lower blood pressure and improve heart health.

**Strengthens the Immune System** – Exposure to nature and fresh air can enhance immune function by reducing stress and increasing white blood cell activity.

**Promotes Better Sleep** – Natural light helps regulate your circadian rhythm, making it easier to fall and stay asleep.

**Enhances Respiratory Health** – Fresh air, especially in green spaces, can improve lung function and reduce exposure to indoor pollutants.

**Encourages More Physical Activity** – People tend to move more when they're outside, which helps with weight management and overall fitness.

## **Mental & Emotional Benefits**

**Reduces Stress & Anxiety** – Being in nature lowers cortisol (the stress hormone) and helps you feel calmer.

**Boosts Mood & Reduces Depression** – Sunlight and physical activity outdoors stimulate serotonin and endorphin production, improving mood.

**Enhances Creativity & Focus** – Time outside, especially in green spaces, can improve cognitive function and focus, making it easier to solve problems and be creative.

**Supports Mental Clarity** – A break from screens and indoor environments helps reset your brain, reducing mental fatigue.

**Encourages Social Connection** – Outdoor activities often involve interacting with others, which can improve emotional well-being.

**PMR**  
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