



VITAMIN

Vital health information in a minute

Get back to nature

You don't have to travel far from home to experience nature. The next time you go outside, take notice of nature (green spaces, fresh air, birds chirping) and how it makes you feel. The natural world is all around us, and spending time outdoors can have a positive effect on your health and well-being. Here are some ways that nature can give you a boost.¹

Get fit. Spending time outdoors provides plenty of ways to move your body, whether you're going for a hike in the woods or a walk around the block.

Increase vitamin D. A daily dose of sunlight can help improve your levels of vitamin D. Be sure to protect yourself by wearing sunscreen when spending time outdoors.

Boost your mood. Sunlight can raise your body's serotonin levels, which may also help improve your mood. Spending time outdoors may even improve your outlook and help you tap into some positive energy.

Improve your focus. Taking a break to step outside can help clear your mind. And doing so may also help you refocus your attention when you return to your task.

Lower your stress. When stress builds up, a change of scenery can help you feel better. The sights and sounds of nature may help calm your mind while reducing stress and anxiety.

Source:

1. WebMD. Health Benefits of Getting Outside. <https://www.webmd.com/balance/ss/slideshow-health-benefits-nature> (last reviewed/updated June 9, 2019).

Connect with others. When you're outside, you might cross paths with others who are out walking, biking or just getting some fresh air. Even the smallest interactions along the way can help you feel connected to your community.

Sleep better. Getting outdoors in the sun helps keep your sleep cycle on track. This helps you feel energized during the day and ready for sleep at night.

Try some fun ways to add more nature to your day.

- › Explore your own backyard or neighborhood.
- › Add a bird feeder and birdbath to attract wildlife.
- › Go outside for a walking meeting.
- › Read a book under a tree.
- › Go hiking, fishing or camping.
- › Step outside to admire the night sky.

Together, all the way.®



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