



THE PHYSICAL AND MENTAL BENEFITS OF BEING OUTSIDE



Research shows that the average American spending a total of **93 PERCENT** of their existence inside

7%
Outside



6%
Vehicles

87%
Indoors



Avg US Life Expectancy



Time Indoors



Time Outdoors



Indoor pollutants are estimated to be 2-5 times higher than outdoor concentrations and are a potential cause of respiratory diseases, heart disease, and even cancer.



Exposure to fluorescent lights & computer screens can lead to migraines, mercury poisoning, back problems, and nearsightedness.



Being indoors so much promotes a sedentary lifestyle, which has been shown to increase our chances of memory loss, psychological problems, diabetes, cancer, and erectile dysfunction.

PHYSICAL HEALTH BENEFITS



Vitamin D

Sunlight is the best and most abundant source of the hormone vitamin D which helps prevent heart disease, dementia, stroke, diabetes, autoimmune disorders, multiple sclerosis, osteoporosis, Alzheimer's, and even cancer.



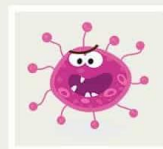
Reduced Risk of Heart Attack or Stroke

Just one three hour hike per week is sufficient to ensure a healthier heart and reduce your risk of a stroke.



Better Sleep

Getting outdoors and exposing ourselves to sunlight can 'reset' our circadian rhythm and restore a more natural sleep pattern.



Boosts Immune System

Shinrin-yoku' or forest bathing has been shown to positively impact the human immune function for up to 30 days after a 3-day camping trip in the woods.



Lowers Blood Pressure

Several studies have shown moderate-intensity exercises, such as hiking or cycling, can actually be as effective in reducing the risk of high blood pressure and Type 2 Diabetes as more dynamic and strenuous activities.



Prevents Cancer?

Multiple doctors and organisations support that daily walks can significantly reduce your chance of various cancers.



Protects Your Vision

Computer Vision Syndrome & Nearsightedness are two maladies that can be rectified by spending just a couple of hours outside per day in natural light.



Lowers Risk of Death

When you put all the above together, you can clearly see that spending time outdoors gives a broad range of positive impacts which ultimately will help you lead a longer and healthier life.

Mental Health Benefits

Reduces Mental Fatigue

Phones, netflix binges, advertising, traffic... our brains rarely have time to switch off and normalize, which is exactly what they tend to do when we head outdoors.



Reduces Stress

Just 20-30 mins/day spent outdoors in nature (or your garden) can significantly reduce cortisol levels and lower your stress levels.



Runners High

This physiological 'feel-good' phenomenon occurs as a result of our bodies releasing endorphins during exercise, such as walking or cycling.



Helps Fight Depression & Anxiety

Spending time in nature has been shown to not only reduce the risk of becoming depressed but also mitigates the symptoms of depression for those already suffering from the illness.



Mood Elevation

Exposure to natural light has recently been shown to be conducive to higher self-esteem and better moods, particularly when combined with 'green exercise'.



Productivity Benefits



Better Academic Performance

Arithmetic skills, reading fluency, and reading comprehension are all impacted positively by spending more time partaking in moderate-intensity exercise outdoors.



More Creativity

Spending time in nature has been shown to increase performance in creative problem-solving tasks by up to 50% when combined with disconnection from multimedia and technology.



Better Concentration

One study showed that children with ADHD scored higher on concentration tests after a short walk through a park than after a walk through a built-up area.



Increased Alertness

Although the link has not yet been borne out fully, the same negative ions that have been shown to reduce depression, anxiety, and stress are also being touted as agents of increased mental alertness.



Improved Short Term Memory

Just a one-hour walk was shown to be enough to boost participants' memory performance and attention spans by 20% compared to other participants who spent the same amount of time walking on city streets.

How to spend more time in nature



Get Creative

You don't need to head to Yosemite to enjoy the great outdoors. It can be as simple as having lunch in the park rather than your office, taking up golf, cycling to work or spending family day somewhere green & glorious rather than than grey and gadget-orientated.



Join a Club

Finding a club or group will not only help you with transportation and no doubt provide some trip inspiration, but also throw in a touch of added motivation.



MyOpenCountry

Learn more about the outdoors with My Open Country's trip reports, how-to-guides and gear reviews
www.myopencountry.com