

## STRENGTHENS IMMUNITY



Your immune system fights infections and diseases, and nature gives it a boost.

- Sun provides vitamin D, essential for bone and muscle health. (Remember sunscreen!)
- Breathing phytoncides, airborne chemicals produced by plants, increases white blood cell count.
- Growing up in nature helps children develop more balanced immune systems.

## BETTER SLEEP

Regular, quality sleep is linked to better concentration, healthier weight, and reduced risk of heart disease and stroke.

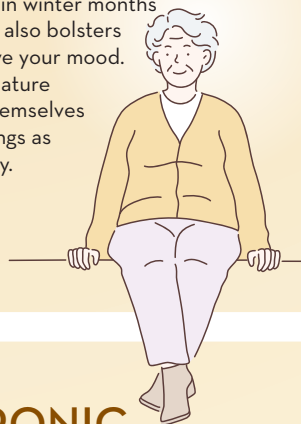
- Being active outdoors leads to more productive workouts and a better, longer night's sleep.
- Your eyes need enough daylight to regulate your internal clock, which keeps your sleep cycle regular.
- Being in nature is a mood-booster, which quiets negative thoughts that distract us from falling asleep.



## ENHANCES MOOD

Physical and mental health are directly linked, and nature improves both.

- Time outdoors can lower depression and anxiety.
- Time outdoors – especially in winter months when there's less daylight – also bolsters vitamin D, which can improve your mood.
- People who spend time in nature tend to feel better about themselves and place value on such things as relationships and community.



## BETTER FOCUS

People's attention spans are decreasing due to many factors – especially excessive screen time.

- Taking a break in nature enhances cognitive abilities, such as memory and problem solving.
- Studies show children with ADHD concentrate better on a task after time spent in a natural setting.
- Spending time outdoors helps overcome mental blocks and boosts creativity.



## REDUCE CHRONIC ILLNESS



Time in nature reduces your risk of obesity, heart disease, diabetes and other chronic conditions.

- It's easy to engage in physical activity outdoors, which helps maintain a healthy BMI.
- Regular exposure to nature can reduce the risk of type II diabetes and heart disease.
- Just 30 minutes a day outdoors can help lower blood pressure.

## STRESS REDUCTION

Stress affects mental health and contributes to inflammation, weight gain and other factors that lead to chronic illness.

- Stopping to smell natural aromas can make you feel more relaxed.
- Just 20 minutes a day immersed in nature significantly lowers stress hormone levels.
- Research shows being active outdoors is more impactful than exercising in a gym.

