Sutter Health Plus
Your Health Plan

Four Benefits of Getting Outside

Spending time outside offers a variety of wellness benefits for the body and mind. It helps us to reconnect with nature, can inspire us to be more active, and helps to boost our mood with a positive effect on our overall well-being. Head outdoors to a park, trail, or around your neighborhood to see if you notice some of these benefits.

1. **Reducing Stress** – Spending two or more hours outside each week is associated with enhanced well-being. In studies, participants reported that they felt happier, had fewer worries, and lower stress levels after visiting a large greenspace or naturally wooded area.

2. **Boosting Mood** – Forest bathing involves activities like observing, walking through, and meditating in a forest. According to studies, adults with health issues—like hypertension, cancer, and poor mental health—reported they felt less anxiety and depression after spending time in a forest atmosphere.

3. **Staying Active** – Spending time in nature may improve motivation to live a less sedentary lifestyle and engage in physical activity, which helps to reduce the risk for obesity and heart disease.

4. **It's Heart Healthy** – Exercising in nature can help to lower blood pressure and improve high-density lipoprotein (HDL) cholesterol levels, reducing your risk of developing a heart-related illness.

Sources include the International Journal of Environmental Research and Public Health, Behavioral Sciences, and Scientific Reports.

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