



GOVERNMENT OF BERMUDA

# WELLNESS WEDNESDAY *Tips*

## 6 Scientific Benefits of Being Outdoors

It's not just a myth, being outside really is good for you.

1. **The outdoors boosts your immune system.** Scientists think that breathing in phytoncides (airborne chemicals produced by plants) increases our white blood cells' levels, helping us fight off infections and diseases.
2. **Being outdoors boosts your energy.** Were you craving another cup of coffee? Maybe you should skip the caffeine and sit outside instead. One study suggests that spending 20 minutes in the open air gives your brain an energy boost comparable to one cup of joe.
3. **The outdoors restores your focus.** Can't concentrate at work? Leave your office for a few minutes and go stroll in a nearby park. Studies show that walking in nature helps restore our focus.
4. **The outdoors enhances creativity.** If you're struggling with writer's block, you might want to ditch your laptop for the great outdoors. Psychologists found that backpackers scored 50 percent higher on creativity tests after spending a few days in the wild sans electronics.
5. **Being outdoors gives you your daily dose of Vitamin D.** Vitamin D is essential for a well-functioning body. It helps us absorb calcium, it prevents osteoporosis, and it reduces inflammation, among other things.
6. **The outdoors makes us better people.** According to psychologists, exposure to nature helps us shrug off societal pressures, allowing us to remember and value more important things like relationships, sharing, and community.

**CHOOSE  
WELLNESS**

**WELLNESS WEDNESDAY *Tips*** are issued weekly to help the Government of Bermuda employees make healthy lifestyle choices.

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