

# Big Brothers Big Sisters of Yorkton & Area

**Fitness Friday**

April 30, 2021



Don't forget about the **50 Day Fitness Challenge** happening now.

Head on over to the Facebook Group for full info and to join:

<https://www.facebook.com/groups/bbbs50dayfitnesschallenge/>.

All participants will be entered in a draw for an opportunity to win some awesome **prizes**. Challenge ends May 27, but entries accepted until May 31.

**It's supposed to be a nice weekend so let's get outside and enjoy it!**

## **6 reasons why being in nature is good for you:**

### **1. Boosts your immune system -**

Scientists think that breathing in phytoncides—airborne chemicals produced by plants—increases our levels of white blood cells, helping us **fight off infections and diseases**.

**2. Improves mood** — Researchers have found that nature simply makes us **happy**. Anxiety, depression and anger are notably decreased after spending time outdoors.

**3. Improves focus** — Studies show that both adults and children who have difficulties focusing or controlling impulses are better **able to concentrate after being in nature**. The natural world allows our brains to take a break from all that mentally drains us, and even reduces symptoms of attention-deficit/hyperactivity disorder (ADHD).

Sources: [mentalfloss.com](http://mentalfloss.com) & [sharp.com](http://sharp.com)

**4. Boosts your energy**—One study suggests that spending 20 minutes in the open air **gives your brain an energy boost** comparable to one cup of coffee.

**5. 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. Although vitamin D is present in some foods, like salmon and fortified milk, **we get more than 90 percent of our vitamin D from casual exposure to sunlight**.

**6. Lowers your blood pressure and reduces stress** — Spending time walking among or simply looking at trees lowers blood pressure and reduces the stress-related hormones cortisol and adrenaline.

**Here is a fun activity — Search online for a Nature Scavenger Hunt to print off and do with your friends or family!**

Remember: As with any workout, see a physician before beginning an exercise program. Each of us are built differently. Not all of these exercises are appropriate for everyone. Always train and exercise safely and within your individual ability.

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