BENEFITS TO BEING OUTSIDE IN NATURE

1) Boasts your energy levels

2) When exercising outside it feels easier

3) Helps your vision

4) Boosts your immune system

5) Exposure to Vitamin D

6) Switches on all your senses

7) Relieves stress and anxiety

8) Helps you to refocus

9) Makes you more creative

10) Helps you sleep better

COLEG CAMBRIA

HEINI·ACTIVE CAMBRIA