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Physical, Social, Emotional & Intellectual Benefits of Outdoor Recreation

Outdoor recreation is enjoyable for men, women and children of all ages. Performing physical exercise while outdoors provides a way to get outside and enjoy your natural surroundings. Aside from breathing fresh air and discovering nature's many wonders, the outdoors provides various activities to keep you wanting to go back outside for more. The benefits of outdoor recreation are endless and will help keep you and your family physically and mentally healthy.



Better Body

Outdoor recreation provides a multitude of advantageous physical activities that may be performed in solitude, with several friends and family members, or with your local recreational sports team. Sports such as hiking, canoeing, swimming, racket and ball sports and numerous other physical activities give you more choices for enjoyable exercise, which is likely to keep you motivated. The Centers for Disease Control and Prevention suggests that adults perform at least 150 minutes of moderate aerobic activity or 75 minutes of intense activity every week.

Social Benefits

Adults and children alike benefit socially from outdoor physical activity. Participating in sports and recreation provides kids to seniors with an opportunity to meet and build relationships with others. Participating on a team will help you to form lasting friendships with people who share your passion for outdoor recreation.

Feel Good Factor

Physical activity helps reduce stress and prevents some common depression. Exercise reduces anxiety, and consistent activity provides more relief from anxiety and depression. Better self-esteem often results from consistent recreation, partially due to a decrease in stress and to the overall feeling of well-being that occurs from regular aerobic exercise. Breathing fresh air in a serene environment also helps many people to relax and reduce stress and anxiety.

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[NOTE: Some sentiments contained within "What We're Reading" articles may not strictly conform with PROJECT: PFC's nutritional outlook. We read articles containing opposing information all the time and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help make the world of nutrition "Simple Again" for you.]

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Mind and Movement

Studies show that people who exercise regularly experience longer, deeper, more restful sleep. Better sleep results in more energy and alertness the following day, allowing better concentration and ability to think on higher levels. Along with better rest and rejuvenation for your body during the night, regular physical activity that reduces stress, anxiety and symptoms of depression will help you to concentrate more during the day.