



INHALE THE GOOD, EXHALE THE BAD

THE BENEFITS OF BEING OUTSIDE

Whether you crack open a window and breathe in the fresh air or take a breather from what you're doing with a stroll in the great outdoors, spending time outside makes you feel healthier, happier and more energized.

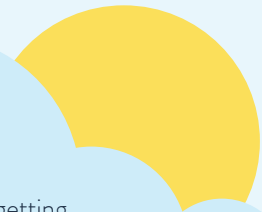
1

Indoor air pollution can be up to 10 times worse than what's outside. **Clear those airways** with fresh, outdoor air.

2

Studies show that spending 120 minutes outdoors per week has a **great effect on a person's health.**

3



Avoid vitamin D deficiency by getting 10 to 15 minutes of sunlight each day.

4

Research shows being outside can **improve self-esteem, boost mood and increase energy** in 90% of people.

5

The **amount of serotonin** in your body is directly affected by the amount of oxygen you inhale.

6

Being outside plays a significant role in a child's development. It can benefit nearly **every aspect of their life.**

