

## 01/ VITAMIN D

Sunlight is the most important source of vitamin D, which prevents a number of diseases. Too little vitamin D makes you listless and tired and causes osteoporosis, **skeletal** pain and weak musculature.

## 02/ HEADACHES

Exercise and fresh air are an effective remedy against **headaches**.

## 03/ GOOD FOR THE HEART

**Blood circulation** and pulse rate increase even with light activity, which is good for the **heart**.

## 04/ PREVENTIVE

Physical activity reduces the risk of developing high **blood pressure** and prevents **blood clots, musculoskeletal disorders, cardiovascular diseases, type II diabetes, as well as certain types of cancer and obesity**.

## 05/ LESS PAIN

Engaging in physical activity means you will experience less pain in **the back and neck**.

## 06/ COUNTERS ANXIETY

When we are out in nature we worry less and we feel better. Outdoor recreation can **counter anxiety and depression**.

## 07/ BETTER SLEEP

Fresh air and physical activity will help you **sleep** better.

# OUTDOOR RECREATION & HEALTH

