

## 5 health benefits of outdoor activities

The wonders of nature are often overlooked due to the fast-paced, technology-driven lives we humans lead currently. Nevertheless, reconnecting back with nature by being active outside offers a plethora of health benefits that significantly boost not only our physical but also our mental health.

We explore some of the best health benefits nature and the great outdoors provide.

### Rejuvenating the body

Outdoor activities provide an ideal opportunity to partake in numerous physical exercises, rejuvenating our bodies, and promoting healthy living. Whether you go hiking, cycling, or even the spontaneous challenges of the outdoors greatly improve your cardiovascular fitness and strengthen

muscles. Not to mention, it is the best way to get vitamin D, which is essential for our bodies to absorb minerals. Only 5-15 minutes of sun a day gives all the vitamin D our body needs.

### Enhancing mental clarity

Most of us are confined to a table and a chair for the majority of the day. Constantly being bombarded with information on screens can create mental fatigue. This takes a huge toll on our mental health. Being outside offers a reprieve from the mundane aspects of our daily lives and declutters our minds. Going outside greatly helps our brain to focus better and also improves memory. All of this results in heightened creativity and increased productivity.

### Reduces stress and anxiety

The reason being active outside is so great

for mental health is the fact that it does not come with any side effects! Basically, Cortisol, the hormone indicator of stress in humans significantly goes down when you spend time outdoors. This works even better with low-intensity outdoor activities like yoga and walking. Many office spaces nowadays have nature inside to help people with stress relief. If doing that works, imagine how much more people could benefit just by going outside instead.

### Improves sleep quality

Our sleep cycle is dependent on our internal clocks. Lack of sleep can be harmful to our health leading to all sorts of health issues. When we go outside and let the sun hit our body, especially our eyes, this helps our internal clock return to its natural rhythm, which enables us

to get better sleep at night. As our sleep improves, so do our lives. A good night's sleep keeps our body energised for the next morning making us more alert and able to concentrate throughout the day.

### Connecting with others

Outdoor activities provide an excellent atmosphere for social connections and bonding. You can find others doing the same activities as yourself, or be part of the local sports team. These can help you build confidence by interacting and learning from other individuals too. Engaging in outdoor activities together fosters teamwork, communication, and cooperation, and promotes a sense of belonging and camaraderie.

By Abdul Warith Khan

## ◆ HOROSCOPE ◆



### ARIES (MAR. 21-APR. 20)

Social events will be successful. Don't evade issues. Share your insights with your boss. Your lucky day this week will be Thursday.



### TAURUS (APR. 21-MAY 21)

Re-examine your goals and objectives. Don't be disappointed if you don't get your way. Unexpected guests will be a welcome surprise. Your lucky day this week will be Sunday.



### GEMINI (MAY 22-JUN. 21)

Make plans for a trip. Not everything you hear will be legitimate. Treat your partner well. Your lucky day this week will be Saturday.



### CANCER (JUN. 22-JUL. 22)

Consider making professional changes. You have a lot to offer. Don't let your partner mess up your routine. Your lucky day this week will be Saturday.



### LEO (JUL. 23-AUG. 22)

Avoid any social unpleasantness. Bank on your communication skills to bail you out. Don't be insensitive to your partner's needs. Your lucky day this week will be Thursday.



### VIRGO (AUG. 23-SEP. 23)

Take good care of your health. Sort out everything before closing any deals. Look for creative ways to make extra cash. Your lucky day this week will be Saturday.



### LIBRA (SEP. 24-OCT. 23)

You can utilise your versatile mind. Keep your wits about you. Don't be too quick to judge loved ones. Your lucky day this week will be Thursday.



### SCORPIO (OCT. 24-NOV. 21)

Avoid any unnecessary gossip. Don't be at anyone's constant beck and call. Do the best that you can for now. Your lucky day this week will be Friday.



### SAGITTARIUS (NOV. 22-DEC. 21)

Acknowledge your partner's needs. New avenues will open for you at work. Communicate your intentions clearly. Your lucky day this week will be Sunday.



### CAPRICORN (DEC. 22-JAN. 20)

Use your extra energy constructively. Your outgoing nature will attract others. Bad dreams could ruin your sleep schedule. Your lucky day this week will be Friday.



### AQUARIUS (JAN. 21-FEB. 19)

Be careful of who you help. Someone you love may be hiding something. There's no need for validation. Your lucky day this week will be Monday.



### PISCES (FEB. 20-MAR. 20)

Pleasure trips will heal your emotional state of mind. Consider property investments. Overindulgence may be a problem. Your lucky day this week will be Friday.





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