COLORADO MOUNTAIN CLUB

Health Benefits of Spending time Outdoors

Americans spend 90% of their time inside. Increasing time outside:

Improves Mental Health

- Reduces anxiety and depression
- Increases self-esteem
- Improves mood
- Alleviates stress
- Strengthens social cohesion

Increases Productivity

- Enhances short-term memory
- Increases focus and creativity
- Eliminates fatigue and reduces symptoms of burn-out

Boosts Physical Health

- Reduces inflammation
- Lowers blood pressure
- Reduces heart rate
- Boosts immune system

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