

# 6 Health Benefits of Fresh Air

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Today we will be talking about the health benefits of fresh air. People often tend to forget about the importance of spending time outside and underestimate the health benefits of spending time outdoors. If you are spending most of your time inside the air conditioned office or home, you are forcing your body to use stale air. By doing so you are making it harder for your body to stay healthy and fresh. Hopefully this article will make you realize and value the health benefits of fresh air. And as a result, you will be spending a lot more time outside of the city.

Here is a list of important health benefits of fresh air:

1. **Fresh air is good for digestion.**
2. **Improves your blood pressure and heart rate.**
3. **It makes you happier.**
4. **Strengthens your immune system.**
5. **Fresh air cleans your lungs.**
6. **You will have more energy and sharper mind.**

Enjoy time outdoors and get the maximum out of the health benefits of fresh air.

## **Fresh air is good for digestion.**

Fresh air helps you to digest food more effectively. That is why it's great to take a small walk outside after you eat. From all the health benefits of fresh air, this one is really important if you are trying to lose weight.

## **Improves your blood pressure and heart rate.**

If you have a problem with blood pressure, you should avoid polluted environments and try to stay in surroundings that have a good supply of fresh air. Dirty environment forces the body to work harder, to get the amount of oxygen it needs.

## **Fresh air makes you happier.**

The amount of serotonin is affected by the amount of oxygen you inhale. Serotonin can significantly lighten your mood and promote a sense of happiness and well-being. Fresh air will leave you feeling more refreshed and relaxed.

## **Strengthens your immune system.**

White blood cells kill and fight bacteria and germs. They need enough oxygen to work and function properly.

## **Fresh air cleans your lungs.**

Fresh air helps the airways of your lungs to dilate more fully and improves the cleansing action of your lungs. When you exhale and breathe out through your lungs, you release airborne toxins from your body.

## **You will have more energy and sharper mind.**

Fresh air helps you to think better and increases your energy level. Your brain needs twenty percent of your body's oxygen. More oxygen brings greater clarity to the brain, improves your concentration, helps you to think more clearly and has a positive effect on your energy level.

**Those were the most important health benefits of fresh air.** There is a lot more to benefits from being in the environments that are not polluted. Find some time and spend it outside of the city.