



Healthy Body Equals  
Healthy Mind

# “The Benefits of Fresh Air”

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Below is a list of some of the benefits of fresh air

## FRESH AIR:

- Cleans our lungs. Helps the airways of our lungs to dilate more fully and improves the cleansing action of your lungs

- Brings more oxygen to our cells.
- Helps our brains to function properly as it needs about 20 % of our body's oxygen to function. We can think better and therefore have a sharper mind. This also helps to clear your mind, improves your concentration.
- Helps increase the rate and quality of growth due to healthier cells
- Helps to improve your heart rate, blood pressure, and metabolic rate
- Helps your immune system fight off disease more effectively due to healthier white blood cells.  
Strengthens your immune system by supplying it with the oxygen it needs. White blood cells require more oxygen when working to kill and

destroy bacteria, viruses, and germs. Enough oxygen will ensure that they are able to function properly.

- Alters your brain levels of serotonin which helps to improve your mood and promote a sense of happiness and well-being/ It will leave you feeling more refreshed and relaxed. 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.
- Will help you sleep more soundly at night
- Helps your body get rid of accumulated impurities
- Fresh air improves digestion. It helps supply the oxygen needed for the cells to break down the food. This is why it's great to take a small walk outside after you eat. This is very good for helping to maintain a healthy weight.



#### References

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