

# NEW HORIZON MEDICAL

| MAY 2022 |

## *Health Tip of the Month*



## **APRIL SHOWERS**



## **BRING MAY FLOWERS**



### BENEFITS OF GETTING OUTSIDE IN NATURE EACH DAY

Ever feel like you just need some fresh air?

You're not imagining it spending time in nature has a host of health benefits.

In a world that is becoming increasingly virtual, it is important to get away from screens and spend quality time outdoors.

Spending time each day outside is linked to lower stress, improved mood, and better attention. It can also increase activity levels leading to compounding benefits.

### **IDEAS FOR PUTTING IT INTO PRACTICE**

#### **GO ON A WALK**

Enlist a family member or friend to go on a spin as the weather gets nicer. Use this time to catch up. Alternatively, go by yourself & focus on being present & truly taking in your surroundings - did you know this is a form of active meditation?

#### **BRING THE OUTDOORS IN**

Get yourself a new plant or start a small herb garden. Having plants in the house helps to purify the air and brings some of those benefits of being outdoors in! An extra bonus of fresh herbs is they can add tons of flavor to your healthy cooking!