

# IMPORTANCE OF GETTING FRESH AIR!

Are you one of the many Americans stuck in stale offices 8 or more hours a day? It is time to get up and move! There has been increasing evidence showing the detrimental effects of sitting too long at your desk. Prolonged sitting has been linked to increased mortality, hip mobility issues, and higher risk of heart disease. Researchers are unsure what specifically contributes to this increase, however they do agree sitting for a long time causes muscles to burn less fat and blood flow to diminish; thus, leading to an increase in risk of heart disease and high blood pressure. Your lunch break is a great opportunity to go outside, get some fresh air, and do your body good. Spending time outdoors has significant health benefits. Walking for as little as 20 minutes is good for:

- **Digestion**
- **Improving blood pressure and heart rates**
- **Cleansing your lungs**
- **Improving your attitude**
- **Betters your ability to handle stress at work**

Walking during your lunch break can also get those creative juices flowing. Stanford researchers found walking outdoors boosted creative inspiration. Your brain needs 20% of the body's oxygen, more oxygen brings greater clarity to the brain and helps you think more clearly. Your body needs Vitamin D. What greater way to get that much needed vitamin than through sunlight! Sunlight triggers the body to make Vitamin D which helps the immune system, cognitive functions and is a potent cancer fighter.

Taking a break from your busy work day helps you beat afternoon slumps and makes the work day fly by. Take full advantage of your lunch break, especially now that it is getting warmer. Doing so will make you healthier and wiser!

## Sources:

**6 Health Benefits of Fresh Air:** <http://goodrelaxation.com/2012/01/health-benefits-of-fresh-air/>

**Stanford Study Finds Walking Improves Creativity:**

<http://news.stanford.edu/news/2014/april/walking-vs-sitting-042414.html>