

Can spending time outdoors actually improve your health?

Discover 9 health benefits of spending time outside

Did you know most adults spend about 93% of their time indoors?

Between work, errands, and screens, it's easy to go a full day without meaningful exposure to sunlight, fresh air, or natural surroundings.

Sound familiar? You might not even notice how rarely you get outside.

But there's a growing list of reasons to step outside, even for just a few minutes a day.

And the research is pretty clear: Spending time outside can have a measurable impact on your physical and mental health.¹



Spending just 17 minutes a day outside can improve your health.

9 health benefits of spending time outdoors



1. **Lower** blood pressure
2. **Reduced** stress
3. **Improved** mood
4. **Increased** longevity
5. **Lower** risk for certain types of cancer
6. **Higher** vitamin D levels
7. **Stronger** immune system
8. **Better** focus and creativity
9. **Support** for weight management

So how much time do you need to spend outside to see any benefits?

Not as much as you might think.

In a study of 20,000 people, researchers found that spending at least 120 minutes a week in nature was linked to **better health and greater happiness** than those who spent little or no time outdoors.²

🕒 That's about 17 minutes a day. Less than one episode of your favorite show.

▼ OUTDOORS

And "nature" doesn't mean a national park or a hiking trail.

- A city park, a tree-lined street, a neighborhood green space, or a bench outside your office all count.

You don't have to carve out time for a two-hour hike.

- A walk around the block in the morning, lunch outside, and a short stroll after dinner can get you there.



Exercise: Take it outside to boost health benefits

When you combine physical activity with time outside, the benefits multiply.

One recent study found that exercise can be an effective treatment for mild to moderate depression, and in some cases more effective than medication.³

That makes a walk outside a two-for-one: The calming effects of nature plus the mood-boosting benefits of movement.



People who spend at least 120 minutes a week outdoors report better health and happiness.



Can't get outside much? Do this...

Of course, outdoor time looks different depending on where you live.

If summer heat, winter cold, or seasonal allergies make it

harder to get outside, try early morning or evening when temperatures are more manageable. Even a few minutes counts.

Want to improve your health? Stop reading this and step outside.

References

1. Bryer, B., et al. (2024). Greenspace exposure and associated health outcomes: a systematic review of reviews. *F1000 Research*, 13: 491. From: <https://tinyurl.com/mrxacaev>
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3. Noetel, M., et al. (2024). Effect of exercise for depression: systematic review and network meta-analysis of randomised controlled trials. *BMJ*, 384: e075847. From: <https://tinyurl.com/yh2umz96>