

**Nature RX**

The ON Campus Challenge is over...but that doesn’t mean you should stop going outside! Check out why the outdoors is a great

prescription for optimal health!

Vitamin D-The sun offers the best source of this necessary hormone! Adequate amounts are essential to a healthy immune system. Insufficient amounts of vitamin D show a correlation to osteoporosis, Alzheimer’s, and cancer.

Mental Health-Studies show that being outside improves focus and attention, eases depression, lowers risk of poor mental health, and elevates mood.

Exercise-When outside in the winter we are usually getting some amount of exercise. Even a short walk is better than sitting in front of the TV or computer.

Sleep-Our sleep patterns are regulated by circadian rhythms that are naturally tied to the sun’s schedule. Time away from natural light can disrupt sleep patterns!