

# 10 reasons to get out in nature

1 **Vitamin D** (from sunlight) is great for your immune system

2 **Inspires creativity**

3 **Improves focus and concentration**

4 **Lowers blood pressure**

5 **Boosts energy**

6 Can help us **unwind, destress and feel calmer**

7 **Improves memory**

8 Helps us **sleep better**

9 **Boosts happy hormones**

10 **It's Cornwall!**

