The Importance of Fresh Air

Every part of your body relies upon a constant, fresh stream of oxygen. If you stay indoors or in an air-conditioned environment for long periods of time, the same air can be breathed in again and become stuffy. I’m sure you agree that you are happier when the sun is shining and you get to spend more time outdoors. Simple stepping outdoors and breathing in some fresh air can have a huge amount of health benefits.

1. Fresh air cleans the lungs
When sitting indoors, it’s common to breathe shallowly, inhaling the air into the top of your lungs which is known as apical breathing. On the other side, moving and walking outdoors encourages increased diaphragmatic breathing. This means that you breathe more deeply and draw more air deep into the bottom of your lungs. Not only it brings more oxygen into your cells but helps the lungs to expel toxins from the body and therefore helps you to cleanse from the inside. Breathing in fresh air can help reduce airborne illness because bacteria and viruses have a reduced chance of survival in fresh air compared to warm and humid environments in which they thrive.
2. Fresh air gives you more energy and a sharper mind
You might notice after spending time outside, you come back indoors feeling brighter and ready to get back to work. More oxygen results in greater brain functioning, improving your concentration and providing you with more energy. In addition, being outdoors helps you produce vitamin D which is essential for many bodily functions such as supporting our immune system, strengthening our bones and teeth. This may be difficult if you feel bogged down with work but it’s crucial to take a break even just a short walk outside. This will help you feel more refreshed and allow you to work better with a sharper mind.
3. Fresh air improves your digestion
Sometimes, it isn’t just oxygen that helps our bodies — the simple act of stepping away and getting outside does too. When we’re stuck eating at our desks, or grabbing a bite here and there between tasks, the body has to divert blood flow from our digestive systems to our brains. It’s even worse when we’re stressed out, since or fight-or-flight response pushes blood too our muscles in case we need to escape. Going outside to relax and enjoy some fresh air doesn’t just supply our cells with much-needed oxygen, it also tells our bodies that it’s okay to digest and supplies our stomachs and intestines with vital blood flow. If you find yourself feeling stressed, tired, sluggish, or even just bloated, step outside and take a few good, deep breaths of fresh air. Your body and your mind will thank you.
4. Fresh air lowers blood pressure and heart rate
Every cell in your body needs oxygen to function and when there isn’t enough oxygen, your heart works harder to make sure what available gets to where it needs to go is. Fresh air has plenty of oxygen so a few deep breaths helps to bring in more oxygen to your body and this means your heart can relax since it takes less effort to deliver what your body needs. Therefore, your heart rate slows down and so thus your blood pressure. Fresh air also helps you heal faster. Since every cell requires oxygen, it makes sense that replacing damaged cells increases your body’s demand for air. While oxygen therapy has been shown to help improve recovery time for athletes, fresh air can help you feel better and heal fast too.