HEALTHY NEWS

Go Camping Today: 6 Amazing Health Benefits It Has to Offer

By bestfolkmedicine · 17/06/2020 · 3 min read

Camping is a fun and exciting activity and it has so much to offer, from socialization and stimulation to time spent outdoors that you can't have at home.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Camping has both mental and physical advantages and it stems from the sunshine and fresh air. However, it will also positively influence your mood and refocus your mind and calm you down.

If you still have doubts why you need to go camping more often, continue reading the article-we'll show 6 surprising benefits of it you shouldn't be missing out on!

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

6 Wonderful Health Benefits of Camping

Free of distractions

Nature isn't entirely silent- there are some beautiful sounds that you can't hear in the city .For example, the babbling of brooks or the song of birds.

All of these sounds can relax you and uplift you whereas urban traffic can cause a lot of discomfort.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

Camping in nature is therefore one of the best ways to unplug, free of the electronics that we're overwhelmed by on the daily.

You'll be dedicated to the people around you and to exploring the wonders of nature.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

The sun will nourish your mind and body

Sun exposure has a lot more to offer to you than a tan and a decent amount of vitamin D. Being outdoors and in the sun boosts your mood. Even a short-time exposure can make a major difference.

Spending time in the sun is believed to encourage the release of endorphins and serotonin, two important hormones that participate in our mood regulation.

Your nighttime sleep will be amazing

With all the things we need to do when we're at home and surrounded by all of the electronics and urban noise, getting a quality nighttime sleep can be really hard.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });
This can end up influencing our health and mood negatively.

But, by sleeping outdoors, you reset your biological clock-at night, there's not much else to do than to relax at the campfire and head for a calm sleep.

Exercise is always a good idea

Exercise has a lot of benefits to offer and luckily for campers, there's a lot of free time and space to exercise, even if you're just walking.

ezstandalone.cmd.push(function () { ezstandalone.showAds(134); });
Walking is a potent antidote and when we walk outdoors and explore, we're getting unintentional potent workout. Hiking, swimming are also good for getting the body going.

You receive nature's healing power

Urban environments can make us cognitively tired, also known as brain fog.

This is characterized by symptoms such as low energy and motivation. In the forest, you can relax completely and naturally lower burnout.

ezstandalone.cmd.push(function () { ezstandalone.showAds(135); });
Nature will positively affect your mood and satisfaction levels. For a lot of people, spending time in nature is a spiritual experience- they're euphoric and fel connected to the living things.

You increase your oxygen levels

Did you know that the air in mountains and forests has a higher presence of oxygen than the air in the city?

This is a result of the numerous plants and trees-they transform carbon dioxide into oxygen so being among trees and vegetation helps you breathe an air abundant in oxygen.

ezstandalone.cmd.push(function () { ezstandalone.showAds(136); });
Your lungs will be cleaner and your digestion will improve. You'll also feel more energetic when this oxygen reaches your brain.

Oxygen is also good for reducing the blood pressure and heart rate.

Read online: https://bestfolkmedicine.com/2020/06/go-camping-today-6-amazing-health-benefits-it-has-to-offer/
Downloaded on 23/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.