**Is Fresh Air Really Good for You?**

We all grew up hearing people tell us to ＂go out and get some fresh air＂ . But is fresh air really as good for you as your mother always said? According to recent studies, the answer is a big YES, if the air quality in your camping area is good.

Fresh air cleans our lungs. If the air you’re breathing is clean which it would be if you’re away from the smog of cities then the air is filled with life-giving, energizing oxygen. If you exercise out of doors, your body will learn to breathe more deeply, allowing even more oxygen to get to your muscles（肌肉）and your brain.

Recently, people have begun studying the connection between the natural world and healing（治愈）. All across the country, recovery centers have begun building Healing Gardens.

In these places patients can go to be near nature during their recovery. It turns out that just looking at green, growing things can reduce stress, lower blood pressure, and put people into a better mood（情绪）. Greenery is good for us. Hospital patients who see tree branches out their window are likely to recover at a faster rate than patients who see buildings or sky instead. Being in nature refreshes us. It gives us a great feeling of peace.

Another side benefit of getting fresh air is sunlight.

While the sun’s rays can age and harm our skin, they also give us beneficial Vitamin D. To make sure you get enough Vitamin D but still protect your skin put on sunscreen right as you head outside. It takes sunscreen about fifteen minutes to start working, and that’s plenty of time for your skin to absorb a day’s worth of Vitamin D.