Five Surprising Senior Health Benefits From The Sun
Get outside this spring!

We have all heard the saying "vitamin D is good for your health" on countless occasions and it's true! Sun exposure prompts your body to make vitamin D which has many positive effects on both physical and mental health. Check out these 5 ways being in the sun can benefit you or a loved one:

1. **Supports a positive wake up**
   Sunlight regulates the body's levels of serotonin and melatonin. Melatonin is the hormone that prepares your body for sleep, so when you wake up to sunlight, it tells your body to stop producing melatonin, setting you up for a more energized day.

2. **Stronger bones**
   Studies have shown that vitamin D helps the body to absorb calcium and phosphate from the foods that we eat. These minerals are what our body's need for healthy bones, teeth and muscles. Long term vitamin D deficiency can cause bones to become weak.

3. **Improve mental health conditions**
   Sun exposure helps increase the body's serotonin levels which can help those experiencing anxiety and depression symptoms improve their overall outlook and mood.

4. **Energy increase**
   Being outdoors in the sun can help anyone feel more lively and energetic. The sunlight sends signals to our brain to be alert, which is why during the sunnier times of year you may find yourself with more energy.

5. **May reduce high blood pressure**
   Research suggests that UV light has the ability to increase the body's availability of nitric oxide which causes the blood vessels to widen, resulting in lower blood pressure.

   Being exposed to sunlight has many advantages that help increase mental and physical health. All it takes is around 10 to 15 minutes of sun exposure a day to reap the benefits. Don't hesitate to get outside this spring!

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