



## A LITTLE SUNSHINE to Brighten Your Health

One simple yet powerful way to support our health is by spending a little time in the sun. Exposure to sunlight offers a host of benefits, from enhancing your mood to strengthening your bones.

### Key Health Advantages of Soaking up Some Sunshine



**Enhance Your Mood:** Sunlight increases serotonin levels, a hormone that boosts mood and promotes a sense of well-being.



**Better Sleep Quality:** A daily dose of sunlight can help regulate our circadian rhythm, signaling to our body when to be awake and when to sleep.



**Boost Vitamin D Levels:** Sunlight helps our bodies naturally produce Vitamin D which also helps maintain healthy bones and a strong immune system.



**Heart Health:** Sunlight can help lower blood pressure by stimulating the production of nitric oxide in the blood vessels, improving blood flow, and reducing risk of hypertension.

#### TIPS TO ENJOY THE SUNSHINE SAFELY:

- Aim for 5 to 15 minutes of sunlight exposure a few days per week
- Apply broad-spectrum sunscreen with at least SPF 30
- Wear protective clothing, a hat, and sunglasses
- Stay hydrated, especially on hot and sunny days

### HOW CAN THERAPY HELP?

Talk with your doctor if you experience difficulty with your balance, strength or feel unsafe when engaging in outdoor activities. Physical and Occupational Therapy can help you safely enjoy the benefits of spending time outdoors.

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