

Technology has helped mankind tremendously, and I'm sure it will continue helping us, but it also has a very negative impact on our lives. I mean, how often do you see kids playing outside these days? Most of them are disturbingly addicted to their phones; tablets, or their computers. Sadly, many of today's parents are very much the same.

With all of that having been said, I know many parents are concerned about how this trend is affecting their kids, both mentally and physically. If you are in the same boat, and you're considering whether or not you should get your kids outdoors more often, here are five good reasons why you should:

1. Rejuvenates the Mind through Relaxation

Let's face it; playing games on a computer or chatting to "friends" on Facebook certainly doesn't encourage relaxation. You're going to feel a lot more relaxed if you go for a walk in nature, and the same applies to kids. When kids are outside playing, or they are out in a beautiful natural setting, they don't think about stressful things. Numerous studies have shown that a pleasing natural environment helps to combat stress and anxiety, in both adults and children; it allows us to recharge our batteries. If you are in a particularly stressful job, you really do need to spend time outdoors, and you will soon notice just how effective this approach is.

2. Encourages Movement and Tone Muscles

When children play computer games their fingers get a really good workout, but agile fingers are not exactly a top priority. By comparison, when children are playing outside, they are generally using all their muscles. Have you ever watched children, or even adults, jumping on [trampolines](#)? Virtually every single muscle in your body is getting a workout. You'll see something very similar if you watch young kids playing on swingsets as well. Not only is this improving fitness, but it is also improving muscle growth; bone strength, and obviously coordination as well.

3. Increases Natural Production of Vitamin D

A 2009 study which can be found in the Archives of Internal Medicine shows that approximately 75% of American adults and teenagers are vitamin D deficient. The strangest thing of all is the fact that vitamin D is one of the most readily available vitamins on the planet. Just spend some time in the sun, and you'll get all the vitamin D you need because your body will produce its own vitamin D when your skin is exposed to sunlight.

Food, and I mean all foods, are a very poor source of vitamin D. This is not something to be taken lightly either because vitamin D deficiency has been linked to a number of serious health problems, including heart disease and some types of cancer.

4. Boosts Energy Levels

Everybody likes claims that are backed by studies. Well, in 2010 a group of researchers conducted a study to determine if outdoor activity has any impact on energy levels, and they found that it does. They found that people who go walking on a regular basis enjoyed notably higher energy levels than people who spend most of their time indoors.

When you are feeling tired and physically exhausted, you may not feel in the mood to go for a walk or whatever, but doing so is one of the best ways for you to increase your energy.

5. Improves Vision

We already know that it is bad news to sit and stare at a screen all day, and the problem is even more serious in the case of children. None of us should be staring at a screen all day, every day, and especially not children. By spending more time outdoors, you are essentially giving your eyes some much-needed rest, but the benefits don't end there.

Several studies have shown that children who spend a lot of time outside playing in strong natural light are less likely to develop eye problems later in life. In Beijing, where there is an extremely strong academic culture, young children are spending almost all of their time staring at screens and school books. As a result, cases of myopia amongst 11 to 12-year-old kids have risen by around 80%.

[Vuly Trampolines](#) encourages everyone to stay active and healthy and go outside and enjoy the sunshine.

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