**The Many Advantages of Outdoor Sports**



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Outdoor sports can never be outweighed by computer or video games in terms of advantages. Spending a day outdoors may take high amount of energy from us but the benefits are priceless.

For one, you may never be aware of it, but the energy being exerted by people who have done even the simplest walk or jog or run for a few significant minutes can actually energize us and give us certain "high" and adrenaline. Exercise is even advised to people suffering from a minor depression for sweating can actually normalize internal processes in our body like blood circulation and oxygen flow. Breathing that comes from strenuous activities allows a good amount of oxygen to flow up until our brain, enabling it to function more productively.

Outdoor sports allow us to be one with nature. Enjoying outdoor activities allow us to explore the wonders and the beauty of our natural environment. Surfers are challenged to surf at significantly thicker waves, and spot seas that produce such waves. They know when to surf ideally and at what time of the day.

They develop a certain attachment with the ocean and are familiar with the behavior of the water. Hikers take a long day exploring the wild, being able to be challenged with what the nature can offer. They find fulfillment in being able to satisfy themselves with the basic things nature offers. Scuba divers and snorkelers are always amazed by the colorful world under the sea. They find time to go under water and feel relaxed and fascinated by the creatures they see. Outdoor sports allow people to be close to nature, and to God. Being an outdoor enthusiast not only inspires a person to the beauty of nature but also empowers people to use the strength given by the Almighty to the fullest.

Outdoor sports can also be a perfect stress reliever. Workaholics who work hard during the entire week can spend a weekend doping their favorite outdoor activity to relax or to relieve any stress or tension. A quick getaway at a tourist destination might do the trick. It is best to not just spend the weekend by being a couch potato watching a movie marathon, it always pays to sweat it out and feel energized. Companies often do team buildings not just to develop camaraderie among employees but to also allow workers to unwind on a different place doing other things where they can exert more energy and feel healthier.

Outdoor sports are also great chances for a family or friends' bonding. A simple swimming weekend activity can help family members to catch up on each other's lives after a busy week spent on them. Couples can also spend quality time for themselves doing an enjoyable outdoor activity such as fishing or diving, if they are fond of doing it.