

10 Reasons Why Kids Need to “Take it Outdoors”

- 1 Strong Bones and Lower Cancer Risk:** Today’s “indoor kids” don’t get enough sun and are becoming Vitamin D deficient, causing health risks.
- 2 Trimmer and More Healthy Kids:** An hour of play a day is what doctors say is a basic tool to ward off childhood obesity and diabetes.
- 3 Improved Eyesight:** Recent studies find that kids who get outdoor time have less nearsightedness and need for eye glasses.
- 4 Less Depression and Hyperactivity:** Outdoor time in a natural setting (even tree-lined streets) soothes kids and lowers their need for medication.
- 5 Longer Attention Spans:** Children who stare at TV and video games all day have less patience and shorter attention spans.
- 6 Better at Making Friends:** Children playing together outdoors relate directly with one another, create games together and improve their “people” skills.
- 7 More Creative:** Outdoor kids are more likely to use their own imaginations, inventions and creativity while playing.
- 8 Less “Acting Out”:** Getting kids away from TV violence and video games helps them see that violent behavior does not always solve problems.
- 9 Measurably Better Grades in School:** The healthy bodies and minds that come with outdoor play are better able to do well in school.
- 10 A Longer Lifespan and Healthier Adult Life:** Doctors estimate that sedentary and obese children lose three to five years from their life expectancy.

1/1/2010 by Kevin Coyle | The article is on the National Wildlife Federation website.



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