

## ***Why warmer weather is important for your well-being***

Warm weather can do more than make people excited for summer vacation. It can also help improve health and happiness. When the sun comes out and the temperature rises, many people spend more time outdoors. Parks fill up, people go on walks, and friends gather outside. While spring and summer are fun seasons, there is also science that explains why warmer weather is good for our well-being.



One important reason is sunlight. During the colder months, many people do not get enough sunlight because the days are shorter and the weather keeps them indoors. This can lead to seasonal affective disorder, also called seasonal depression. This type of depression can make people feel sad, tired, or unmotivated during winter. Studies show that spending time in the sun can help improve mood and lower feelings of depression.

Doctors recommend getting about 10 to 30 minutes of sunlight each day. Sunlight helps the brain produce serotonin, which is often called the “feel-good” chemical. Serotonin can make people feel happier, calmer, and more energetic. This is one reason many people feel more cheerful during spring and summer.

Sunlight is also important because it helps the body make vitamin D. In fact, most of the vitamin D people get comes from the sun. Vitamin D helps keep bones and teeth strong because it helps the body absorb calcium. It also supports muscles and helps the immune system fight off sickness. Getting enough vitamin D may even lower the risk of diseases such as heart disease and type 2 diabetes.

Another benefit of warmer weather is better sleep. Sunlight helps control the body’s sleep cycle. Being outside during the day can help people feel awake

and alert, while also helping them sleep better at night. Good sleep is important because it improves focus, energy, and overall health.

Warm weather also encourages people to be active. Instead of staying inside on phones or computers, people are more likely to walk, ride bikes, play sports, or spend time with friends outdoors. Exercise and fresh air can reduce stress and improve mental health.

Although allergies and heat can sometimes be annoying, warmer weather gives people a chance to reconnect with nature and take care of themselves. Spending time outside in the sunshine can improve mood, strengthen the body, and help people feel healthier and happier overall.