



November – Nourished by Nature



If someone asked me to sum up my upbringing in one sentence or less, I would have to say 'Strong connection to the natural world'.

Looking back, I guess my answer is really not that surprising, considering my family was surrounded by nature. Nature was part of our everyday life.

Not only did the great outdoors provide us with the air we needed to breathe, and water we needed to drink, many times nature provided us with the food we needed to eat, as well.

I remember my father saying, 'Time to go catch lunch', as he handed me my fishing rod.

Due to this exposure to the natural world, I had a deep understanding and appreciation for nature, trees, plants, water, air, rocks, animals,

and the weather, early in life. Our connection to nature was really important and was not to be taken lightly.

I experienced first-hand how nature had the ability to teach and tell stories, (if we are open to hearing them). I saw how nature contained knowledge; had the power to tell us things (if we are willing to listen).

Like when I watched my Great Grandfather find our spring fed well with a 'divining-rod' (forked-shape stick) that he purposely picked in the woods a few hours before. (I know some of you scientific folks may question this one.)

However, my point is this:

More and more of us are spending less time outdoors, which has created a cause for concern, as well as a new phrase called 'Nature Deficit Disorder'. No, this new term is not meant to be any kind of official medical diagnosis. However, medical professionals do agree that missing out on exposure to nature means we are missing out on all kinds of health-boosting benefits.

Here are just a few reasons why we should get outside right now (and these ones are science-based) ...

- Lowers blood pressure – 30-minute dose of nature can lower your blood pressure and even your pulse.
- Access to improved air quality – Time indoors increases exposure to infectious diseases and common allergens and may even lead to the development of chronic respiratory conditions.
- Chance for social interaction – Just getting out can enhance our desire to seek and enhance social connections.
- Boosts mood by fighting depressions – The natural world is therapeutic and has many positive psychological effects. Nature will help you fend off feelings of loneliness and sadness while boosting mental wellness and happiness.
- Benefits immunity – Like essential oils, smells from nature (from the trees, leaves and even the soil) help improve immune system function. A study in Japan found that these positive effects lasted a month following each visit to the woods.
- Decreases levels of stress and anxiety – Nature has a profound positive impact on a person's sympathetic (i.e., fight-or-flight) and parasympathetic (rest-and-digest) nervous systems, which helps us feel calmer, and even more rested.

We need to remember that going for a walk outside is WAY more than just that. We are getting nourished by nature! Our mind, physical body, spirit and soul. Our health, happiness and our prosperity in these areas depend on it!

So, keep watching for upcoming MVP opportunities – ways for you to get nourished by nature. Like on the outdoor winter trails at the CFB Kingston’s Garrison Golf Course (coming soon). And other upcoming opportunities in Spring 2024.

**Until Then,
Kerri**

Don't forget to join the private MVP+ Facebook Group!



Connect with Kerri!

Watch for upcoming outdoor ‘Nourished by Nature’ activities with Kerri coming soon!

Local Leaders: CFSMI incorporates Health Promotion into Career Training Course

CFSMI has been committed to incorporating Health... [Read more](#)



Contest

Where is your favorite outdoor place? Is it a local hiking trail? Let me know and you will be entered to win a prize!

Begin

****Contest only allows for those participating to win once each fiscal year.****

Perfect
Holiday Gifts?!



CFB KINGSTON
HOLIDAY CRAFT SALE
SAT 18 & SUN 19 NOV
10AM TO 3PM

Thompson Drill Hall, CFB Kingston
Free Parking on Parade Square

\$3.00 Entrance Fee | Kids under 12 are FREE!

Food Donations welcome!

However, not accepted as Entrance Fee



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11 Navy Way, Kingston
Ontario K7K 7B4 Canada

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