

The Amazing Health Benefits of Going to the Beach

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Many people are willing to pay exorbitant amounts of money to live near the beach, tourists flock to sunny beaches on vacation, and when retirement comes - people head to warm coastal areas!

So why exactly is this? Why do we humans naturally gravitate towards the beach?

While it may be impossible to pinpoint exactly why we feel happy and relaxed after a day at the beach, it actually has many positive effects on a person, both physically and mentally.

Going to the beach helps reduce stress

The number one benefit of going to the beach is stress relief. As soon as you get out of the car and step into the sun, you will feel the relaxing effects wash over you like water.

The combination of the sun and the waves will help your body relax completely, relieve aches and pains, and melt away everyday stresses.

Not only is serotonin released almost immediately when you hit the beach (serotonin is an important hormone for relaxation and happiness), but the sounds and sights of the beach are incredibly soothing and peaceful. Because of the relaxing effects of the sounds, the sound of waves is often chosen as lullaby music.

Additionally, light therapy is prescribed by doctors and therapists to help patients combat anxiety and stress.

You will always sleep better after a day at the beach.

After just a few hours at the beach, one of the greatest benefits a person will experience is a truly restful night's sleep. For insomniacs looking for a natural cure, the beach is definitely a suggestion.

Because the beach helps alleviate three major factors that inhibit sleep: high levels of stress and anxiety, reduced physical fatigue, and hormonal imbalance.

Not only do you feel instantly relaxed as soon as you set foot on the beach, but you also get a great workout even just walking on the beach!

Additionally, sunlight and reduced stress levels instantly help regulate a person's hormones - making it easier to get a deep, peaceful sleep at night.



Get your daily vitamin D supplement in just ten minutes at the beach

Vitamin D is one of those nutrients that is absolutely essential for the body. However, very little of this vitamin is absorbed through food. Yes, you can drink milk fortified with vitamin D, but it is often not enough to get the daily recommended amount.

Luckily, just ten minutes of sun exposure can help you absorb your daily dose of vitamin D directly through your skin!

Going to the beach can improve the immune system

One of the health benefits of going to the beach is that swimming in the ocean can boost your immune system. The saltwater in the ocean has natural antibacterial properties, which help fight infections in the body.

This is especially beneficial for people with weakened immune systems, as swimming in the ocean can help improve their overall health.

Additionally, minerals in seawater, such as magnesium and potassium, may also have a positive effect on the immune system.

So, next time you go to the beach, don't hesitate to soak in the cool sea water and boost your immune system!

Endless exercise opportunities when you're out on the beach

Whether you want to lose weight, get in shape, or even just release some pent-up energy, you'll find that the beach is the perfect place to do it. The beach is perfect simply because there are so many fun activities to do.

You can go surfing, swimming, or even just stay on the beach and walk around collecting seashells.

Surprisingly, walking on sand is actually quite difficult and requires more effort than walking on a regular sidewalk – even more difficult if you take off your shoes and go barefoot!



Going to the beach is like taking care of your skin.

The beach and ocean water actually have an incredibly positive impact on the overall health and appearance of your skin.

1. **Exfoliating** – sand works wonders for exfoliating feet, hands and body.
2. **Detoxification** – as the warm sunlight opens up the pores, the salt water penetrates and draws out toxins.
3. **Antibacterial** – iodine and salt in water will completely destroy bacteria and fungi that cause acne on the skin.

Reduce inflammation and pain with water aerobics

Water aerobics is the easiest aerobic activity for seniors, people with joint pain, arthritis, or those who have just had surgery.

This is because water creates great resistance without causing any impact and actually reduces about 90% of the weight of the person immersed in the water.

Feel like breathing easier during and after a day at the beach

The natural tendency to take deep breaths when you step onto the beach is actually an automatic response to the air quality. People with asthma, COPD, or breathing difficulties will find that breathing at the beach is much easier than almost anywhere else.

This is because not only are the chest muscles surrounding the lungs relaxed when a person steps onto the beach, but the air itself is actually charged with negative ions that enhance oxygen absorption in the lungs.

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