

Some Benefits of Birding for the Body, Mind and Soul.

Series 1. Benefits for the Body.

In my experience Birdwatching is an activity with multiple benefits of the health of the body, mind and soul of those of us who practice it. If we look at this activity from a common sense perspective, we can realize that just being outdoors looking at birds and nature could bring some benefits to the overall health and well-being of people who practice.



In this first series of articles I would like to share with you my opinion and perception regarding the multiple **benefits to the physical body** that I have experienced myself or seen thru people I have birdwatch with.



Circulatory, respiratory and nervous systems: these are probably the most immediately benefited by the birding activity. From the simple fact of lifting your binoculars up and facing upwards to look (or search) for birds, the circulatory and respiratory systems are activated. All of the internal “wiring” of the human body goes thru the neck, so that simple fact of lifting your arms and facing upwards for at least 30 seconds is already bringing a lot of benefits to the nervous and circulatory system that are easy to feel. When doing this we automatically start breathing deeply since we are doing what is called a “hyper-extension” that helps the air to travel faster into the lungs and by doing so, aerates the brain. Another (more subtle) aspect I often see is how people develop a **sense of balance** and **sensorial awareness** as they practice birdwatching which come from paying attention to the sounds and movement as well as focusing the eyes onto a specific spot. At least for me, the exercise of birding helps me relaxing my ocular muscles, especially after continued hours of computer work.

Muscular and bone systems: the benefits to these systems come normally when doing an outdoors walk to nature (which normally has cleaner air which helps to maximize the benefits mentioned above).

So I will continue with this topic next week. In the meantime I encourage you to grab your bins and go for a walk to nature so you can experience the benefits of birding yourself or contact me to go on a birdwalk together!

