

BACH Explains How Going Outdoors Can Improve Health

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BACH is taking steps to explain how going outdoors, and making a better connection with nature, can help individuals make vast improvements to their health and overall well being. The BACH team notes that there is a body of research that suggests this is true, and there is a movement of individuals that are taking this idea to heart. Now more people than ever are spending more time in nature as a way of improving both their mental and physical health, hoping that spending time among the trees is just as good a prescription as anything that can be given to them from a doctor's pill bottle.

Given the meditative nature of forest bathing and other similar activities, it is easy to see the effect that they can have on mental health. Becoming more connected with nature can have a significant impact on mental health issues, such as anxiety and depression. However, the impact of going outdoors is not simply limited to mental health. Going outdoors can also have a significant impact on physical health, with individuals seeing improvement in lowered pressure, heightened cognitive abilities, and better metabolic health.

The impact of becoming connected with nature is not limited to those who have access to vast expanses of forest at their disposal, either. Those who live on tree-lined streets see benefits that those who do not have trees on their streets do not. Because of this, experts suggest that individuals who can't regularly gain access to natural environments should head outside to exercise rather than hit the treadmill.

About BACH

BACH is a leading provider of concierge fitness services. Individuals can receive fitness training tailored to their individual schedules, as well as their individual needs. They can assist clients regardless of what those needs may be in wellness categories such as Pilates, Yoga, and Private Training. Each trainer is hand-picked for the client to ensure that they meet the client's needs.

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For more information about BACH, contact the company here: BACH(213) 410-5448 Los Angeles, CA

BACH

BACH is a premium fitness service that matches you to a trainer based on your goals and experience. Our trainers meet you wherever and whenever works best for you and consider your whole person when designing your training program.

Website: <https://bebach.com/>

Phone: (213) 410-5448