BENEFITS OF SUNLIGHT & VITAMIN D

 DID YOU KNOW?

Sunlight and Vitamin D play an important role in

 mental health & physical health.

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|  Benefits: Mental Health * **Exposure to sunlight increases the brain’s release of a hormone called serotonin, which is associated with boosting mood and helping a person feel calm and focused.**
* **Vitamin D improves the process of acquiring knowledge and understanding through thought, experience, and the senses.**
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|  Benefits: Physical Health * **Sun exposure might help treat several skin conditions. Doctors have recommended UV radiation exposure to treat acne, eczema, psoriasis, etc.**
* **Vitamin D is involved in maintaining healthy bone strength.**
* **Vitamin D enhances the immune system to fight against disease.**
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Food Sources Rich in Vitamin D:

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| * Salmon
* Egg yolk
* Orange Juice
* Cheese
* Butter
* Mushrooms
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