



daisy.

RESILIENCE BEGINS AT HOME: FRESH AIR

Ready for another day or do you need a quick "pick me up"? Whatever the weather and providing you're not currently shielding or in isolation, getting a dose of (socially-distanced) fresh air is a great way to set you up for the day. It helps you to feel good, gives you a sense of well-being and has a variety of other, lesser known benefits including:

1. Fresh air is good for your digestive system

It increases the flow of oxygen helping you digest food more effectively so this can help you feel more comfortable during the day.

2. Fresh air helps improve blood pressure and heart rate

Avoid polluted environments and stay away from busy traffic as the body will need to work harder to get the amount of oxygen it needs – if you live in the city, head for the nearest park or open space!

3. Fresh air strengthens your immune system

By increasing the amount of fresh air, we increase the amount of oxygen which helps our white blood cells function properly by fighting and killing bacteria and germs.

4. Fresh air cleans your lungs

Your lungs dilate more from having an increase of oxygen so fresh air improves the cleansing of your lungs. You release airborne toxins from your body when exhaling through your lungs.

5. Fresh air gives you more energy and a sharper mind

More oxygen results in greater brain functioning, improving your concentration skills and providing you with more energy.

In addition, venturing outside will also help you produce vitamin D from the sun (when it does come out), which is essential for many bodily functions including supporting our immune system, strengthening our bones, teeth and perhaps helping us cope better with the coronavirus.

Once you've had some fresh air, it's time for some fresh thinking for your continuity and resilience! Daisy is the UK's leading provider of business continuity. And we're the UK's largest independent provider of IT, communications and cloud services. The best bit is, we have subject matter experts across the full spectrum and can join everything up for a uniquely holistic approach to resilience!

Visit dcs.tech to find out more about Daisy