



ERASMUS+ PROJECT ROOTFUT:
FROM OUR ROOTS TO THE
FUTURE

NATURE AND OUR WELLBEING

AGRUPAMENTO DE ESCOLAS DE RATES

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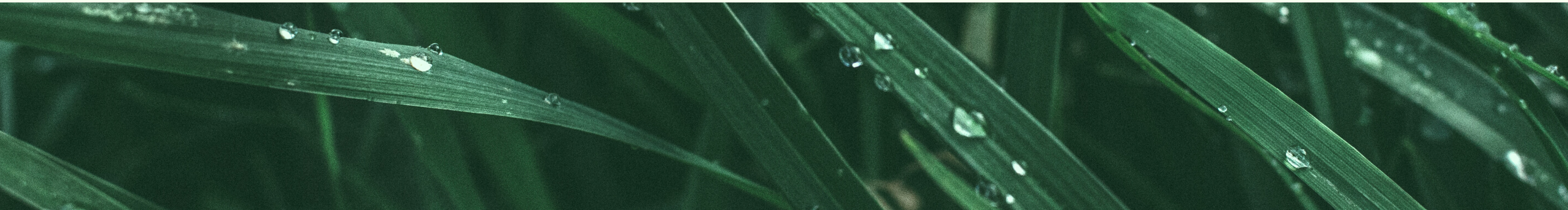
SUMMARY

Benefits from the Environment

Health benefits of nature interaction

Natural places in our living area

Our top choices in natural spots





BENEFITS FROM THE ENVIRONMENT

We all depend on a wide range of essential benefits provided by the environment for our survival including the air we breathe, the food we eat and the water we drink. But the benefits are also emotional as nature can have a great impact in our emotional balance.

Being in nature, or just observing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings.

Exposure to nature makes you feel better emotionally and it also contributes to physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of the stress hormones.

NATURE HEALS!



HEALTH BENEFITS OF NATURE INTERACTION



Nature decreases stress

Studies show that after being exposed to a stressful situation, being in nature can actually help lower the physiological effects of stress such as heart rate and muscle tension..



Nature offers energy

The outdoors make you feel energized. The human mind reacts positively to nature, which involve feelings of pleasure, increase of attention and or interest and a decrease of negative emotions such as anger and anxiety.



Nature helps to keep your brain healthy

Nature can help strengthen the activities of the right hemisphere of the brain, and help restore harmony to the brain as a whole.



QUIÃO BEACH

Quiet beach, situated in the northwest of the municipality, away from the hustle of the city. the walkways are a good addition to the beach.

TOWN PARK

Located to the east of the municipality of Póvoa de Varzim, this is a very pleasant park with several facilities to spend a beautiful day with your family. It has a path for exercise, a lake of running water with birds, lots of green space, a picnic area with benches and tables, and some training equipment.





LAÚNDOS HILL

Hill situated about 7 to 8 km from the sea. With a 180 degree view of the coast. It has an altitude of 202 meters, in the Rates mountain range. It is worth admiring its mills and the breathtaking view.

ECO PATH

This is a cycle path that connects the towns of Póvoa de Varzim and Vila Nova de Famalicão. This bike path was built taking advantage of the railway of the old Póvoa line that connected these two cities, whose train circulation ceased in 1995.





I really like this place because I feel good riding
a bike in nature

Quévin Gomes



Dinis Silva

I like to be in this place because I feel nature and I like to see the sunset and take dips in the cold water, also like to sunbathe to get tanned .



Inês Praça

I like this place because I can do picnics with my family I can go for a walk, ride my bike and free myself from the stress of everyday life.



MARIA ELISA

I chose a beach near where I live because I love going to the beach even in winter. It makes me feel free and like every problem I have just vanishes in the waves.



MATILDE NOGUEIRA

This is a small forest behind my house my family and I like to walk around here in the afternoon on weekends. I chose this place because bring me good memories and makes me feel very peaceful as if all the worries I have in that place are gone.