



Supporting Your Local Community Can Improve Your Health

As we navigate through the hustle and bustle of our daily lives, we oftentimes forget that we are not living in isolation and that we are part of a bigger community. Supporting your local community is not only about giving back to others, it also reduces stress, boosts mood and improves your overall health. Let's talk about how supporting your local community can improve your health and how you can become an active member of your community.

Encourages physical activity

Community support often involves participation in activities like volunteering, attending community fundraising events, or even promoting a community-driven project. This engagement promotes physical activity and helps you maintain an active lifestyle, which in turn contributes to long-term physical health benefits.

Improves mental health

Community engagement promotes social interaction, which helps you to feel connected to the people around you. It provides a sense of purpose, self-worth, belonging, and reduces your stress levels, which in turn helps to improve your mental health.

Helps increase lifespan

A large European study¹ conducted by researchers found that those who volunteer tended to live longer than those who did not. The study showed that individuals who actively volunteered had a lower risk of mortality and a reduced risk of cardiovascular disease.

Encourages healthy eating

Community support also encourages healthy eating through community gardens, farmer's markets, and co-op grocery stores. Community gardens provide fresh, organic produce for the community, and farmers' markets provide access to local fresh fruits and vegetables, which contributes to healthy eating habits.

Builds stronger communities:

Contributing to your local community strengthens the bond between you and your neighbors. This strengthened bond helps to encourage positive behaviors and healthy habits, which leads to better overall health outcomes.

Supporting your local community comes with many benefits, some of which directly contribute to your health and wellbeing. Participating in community activities, engaging in volunteer work, and promoting community-driven initiatives help to create a healthier environment for yourself and those around you. So, take pride in your community and contribute in any way you can, for you never know how it can improve your health and the health of others around you.

NuEdge Alliance is supporting local healthcare through Independent Distribution and non-acute provider membership. You can enroll for free as a member [here](#), or find your local distributor [here](#).

¹ <https://www.psychologytoday.com/us/blog/the-science-of-kindness/201905/why-do-volunteers-live-longer#:~:text=Following%20them%20over%20time%20also,about%20five%20years%20of%20aging,>