

# Benefits of Tree Climbing

Stimulates natural mood enhancing hormones that lead to feelings of well-being during and after climbing.

Develops resiliency as climbers work through personal challenges while climbing.

Leads to a sense of accomplishment and provides a boost in self-confidence.

The longer one spends in the tree, the greater the reduction in tension, anxiety, and depression.

Extends attention span as climbers become mentally in tune with the tree & natural surroundings.

Develops creative thinking and problem-solving skills.

Improves emotional well-being.

In their own words: "I felt so invigorated and inspired after climbing, I can't stop thinking about the experience!"

Experience it for yourself at [TreetopExplorer.com](http://TreetopExplorer.com)