

## Impact of Nature-Based Tourism on Physical & Mental Health of Patients

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### Abstract

Nature-based tourism, often known as ecotourism or sustainable tourism, has gained popularity for its ability to improve health outcomes for individuals, especially patients with a variety of physical and mental health concerns. Using current literature and studies, this study investigates the impact of nature-based tourism on patients' physical and emotional well-being. Nature-based tourism has been shown in studies to greatly contribute to stress reduction by offering a serene and tranquil setting that helps alleviate anxiety and promote relaxation. Hiking, animal observation, or water-based activities in natural settings have been demonstrated to improve patients' cardiovascular health, muscular strength, and overall fitness levels. The immune system benefits from nature-based experiences, with exposure to green spaces and natural environs enhancing immunological function and assisting patients in their recovery from illnesses. Furthermore, patients who engage in nature-based activities report higher mood, enhanced feelings of happiness, and improved mood disorder and depression management. This research paper intends to contribute to the expanding body of information about the health advantages of nature-based tourism for patients by combining and analyzing existing literature and empirical evidence. The purpose of this study paper is to investigate the impact of nature-based tourism on patients' physical and mental well-being, based on a thorough evaluation of existing literature, studies, and empirical evidence. The purpose of this research article is to look into the main features of nature-based tourism that benefit patients' physical and mental health. The study will look into the effects of natural surroundings on stress reduction and anxiety relief, giving light on the physiological and psychological mechanisms at work. Physical activities in natural environments will also be investigated for their impact in improving patients' cardiovascular health, muscular strength, and general fitness. Another focus of this research will be the psychological benefits of nature-based tourism, as well as the impact of natural environments on patients' mood, happiness, and mental well-being, as well as their ability to ameliorate mood disorders and depression. Furthermore, the function of nature-based activities in increasing mindfulness, mental clarity, and self-awareness will be highlighted, emphasizing their therapeutic value for individuals dealing with mental health issues. The main objective of this study to examine nature-based tourism impact on physical & mental health of patients & to explore the role of nature-based activities which helps in patients cure. The research tested the hypothesis whether nature-based tourism contribute positively to physical & mental health of patients and overall well-being.

**Keywords:** Nature, Tourism, Physical, Mental, Health, Well-Being, Patient

## **Introduction**

Due to the fact that it has the potential to improve one's overall health and quality of life, the notion of nature-based tourism, which is also referred to as ecotourism and sustainable tourism, has received a lot of attention in recent years. Nature-based tourism has evolved as an innovative and holistic way to improve the physical and mental health of individuals, including patients with a variety of health disorders. This is in addition to the environmental and recreational benefits that this type of tourism provides. Since ancient times, people have praised the ability of nature to have a revivifying and calming effect on the human psyche. Travelers on the lookout for a respite from the stresses of modern life have been drawn in by the appeal of natural settings such as luxuriant forests and untouched beaches. In recent years, the potential healing benefits of spending time in natural settings have received an increasing amount of attention from researchers in the scientific community. This, in conjunction with the growing interest in environmentally responsible activities, has resulted in an increase in nature-based tourism as an alternative form of rehabilitation and as a means of promoting wellness.

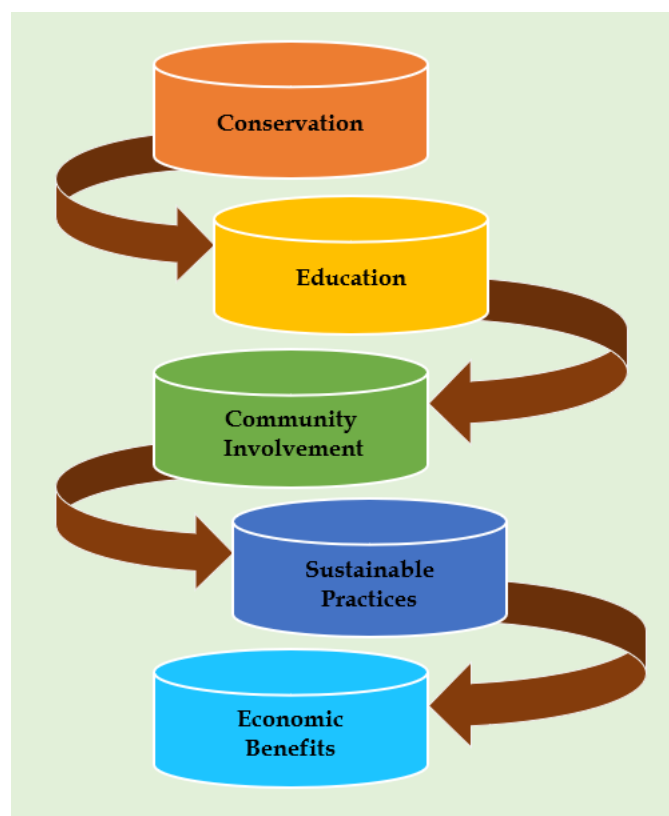
The landscape of contemporary healthcare is beset by a myriad of issues, one of which is the ever-increasing prevalence of stress-related illnesses, mental health disorders, and chronic conditions. Even if they are necessary, traditional medical procedures might not address the patients' mental and emotional well-being to their full extent. As a consequence of this, the incorporation of nature-based tourism into healthcare practices has arisen as a potentially fruitful route to complement conventional treatments and improve the patients' overall quality of life.

Patients get the opportunity to practice mindfulness and mental clarity through the use of nature-based tourism, which enables them to concentrate on the here and now and provides them with a sense of revitalization. Patients will find that the social contacts that are encouraged during nature-based tours contribute favorably to their mental health as well as their overall well-being. This helps to establish a support system for patients as they continue on their path to recovery. Taking part in activities that put you in direct contact with nature, such as hiking or camping, can help boost your levels of vitamin D, which is essential to maintaining strong bones and proper immunological function. Patients also report better sleep patterns and an improvement in the quality of their sleep after participating in activities that involve nature.

Patients are given a sense of success and empowerment through nature-based tourism, which in turn promotes the patients' self-esteem and overall mental health. However, it is vital to realize that individual responses may vary, and patients who have specific health concerns or limits should consult their healthcare practitioners before participating in activities that involve the natural environment in order to assure their safety and appropriateness. In light of the fact that immunity plays a critical part in the fight against sickness, it is of the utmost significance to have an understanding of how tourism centered on natural settings can strengthen patients' immunological responses in order to promote healing and rehabilitation. The social aspect of nature-based tourism, as well as its potential benefit to the social contacts and support networks of patients, will also be investigated. By gaining an understanding of the mechanisms via which nature-based tourism cultivates a sense of community and belonging among patients, it is possible to pave the way for novel interventions that address the social elements of health.

## **Concept of Nature Based Tourism**

Travel and tourism that emphasizes experiencing and enjoying natural landscapes, animals, and cultural legacy in a responsible and sustainable manner is known as nature-based tourism, sometimes known as ecotourism or sustainable tourism. Other names for nature-based tourism include ecotourism and sustainable tourism. It entails going to natural regions with the primary purpose of observing and enjoying the natural surroundings, in addition to contributing to the protection and preservation of those natural areas.



**Figure 1: Principles of Nature-Based Tourism**

**The key principles of nature-based tourism include:**

**Conservation:** The preservation and protection of natural ecosystems, biodiversity, and habitats is one of the goals of nature-based tourism. This entails reducing the amount of damage done to the natural world and its inhabitants while simultaneously supporting efforts to preserve them.

**Education:** The purpose of educational components in nature-based tourism is often to increase people's understanding of the significance of nature and conservation efforts. The local flora, animals, and biological processes are something that visitors are strongly urged to educate themselves on.

**Community Involvement:** The participation of local communities and indigenous people in the development and management of tourism activities is one of the primary goals of sustainable nature-based tourism. This makes it more likely that the advantages of tourism will be shared fairly and that the indigenous cultures will be protected and maintained.

**Sustainable Practices:** The goal of nature-based tourism is to leave as little of an impact on the natural environment as possible by embracing environmentally responsible practices. These include minimizing trash, preserving resources, and promoting eco-friendly lodging and transportation options.

**Economic Benefits:** Local communities can reap the economic benefits of tourism that is based on nature when it is done in a responsible manner and generates income and employment possibilities. People in the community can be motivated to support conservation initiatives and safeguard their natural resources by offering this economic incentive to do so.

Activities such as wildlife safaris, birdwatching, snorkeling or scuba diving in coral reefs, hiking and trekking in natural reserves, visiting national parks, and exploring ecologically sensitive areas are examples of nature-based tourist activities. Travelers will have the opportunity to connect with nature, gain knowledge about

a variety of ecosystems, and make a positive contribution to the preservation of both the natural world and the communities in which they find themselves.

### Impact of Nature-Based Tourism on Physical & Mental Health of Patients

Patients may experience a number of therapeutic benefits and general improvement in their well-being as a result of participating in nature-based tourism, which can have a favorable impact on both physical and mental health.

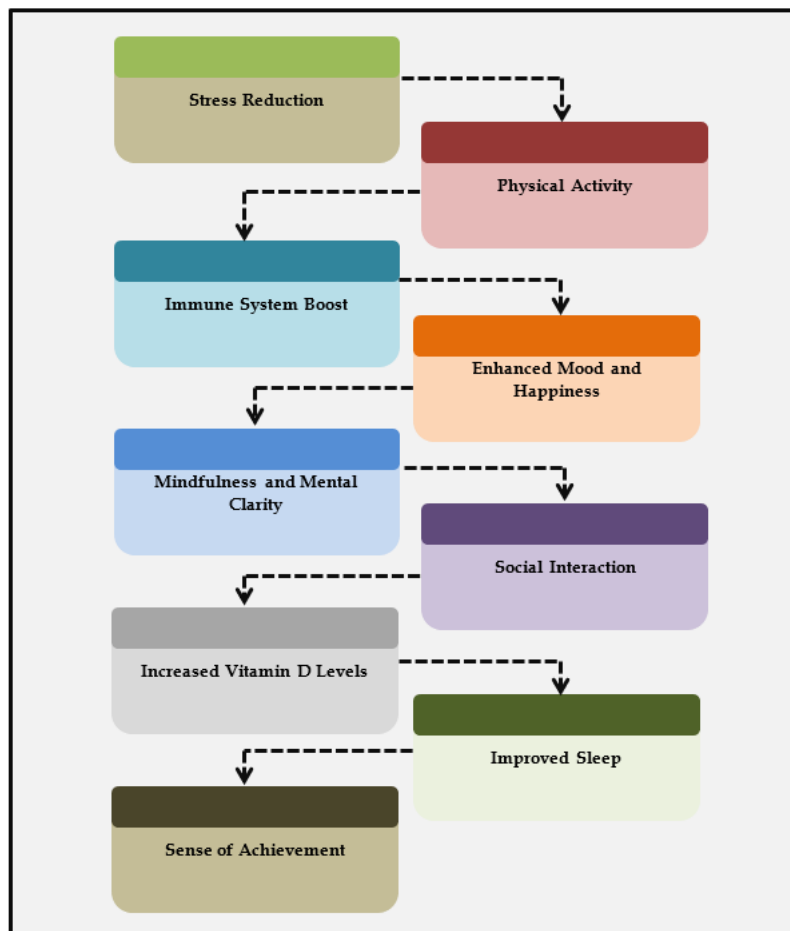


Figure 2: Nature-Based Tourism Impact on Patients Physical & Mental Health

Visiting natural attractions can have a number of beneficial effects on a patient's health, including the following:

- It has been shown that getting away from the stresses of regular life and spending time in natural settings can help reduce stress levels. Relaxation and a reduction in anxiety are two of the many benefits that may come from spending time in natural environments. This is something that can be especially helpful for people who are suffering with health concerns that are related to stress.
- Activities like walking, hiking, and animal watching are common components of nature-based tourism, which frequently takes place outside. Participating in physical activities in natural surroundings can raise overall fitness levels, improve cardiovascular health, and build muscles.
- Spending time outside in natural settings and parks has been demonstrated in numerous studies to have a beneficial effect on the immune system. Patients who are healing from illnesses may benefit from exposure to natural surroundings that boost their body's immune response. These environments can be found in the outdoors.

- Activities that take place in natural settings are known to foster the development of pleasant emotions and to heighten a sense of happiness. Patients who engage in activities that involve interacting with natural beauty, wildlife, and vegetation may have an uplifted mood, which may help in the management of diseases such as depression and mood disorders.
- Patients are more able to practice mindfulness, which helps them to concentrate on the here and now and let go of their problems when they are outside in nature. The tranquility and immersion that come with being in natural settings are known to be beneficial to one's mental clarity and concentration.
- Patients can engage in social interactions and construct a support system by participating in group activities that are typically associated with nature-based tourism. Having a strong network of supportive relationships can be beneficial to one's mental health as well as their overall well-being.
- Individuals who spend time outdoors are more likely to be exposed to natural sunshine, which has a role in the production of vitamin D in the body. Vitamin D intake should be adequate in order to maintain bone health and proper function of the immune system.
- The ability to be exposed to natural light during the day as well , the physical activity that is associated in nature-based tourism can assist regulate sleep cycles and promote better quality sleep.
- Patients can gain a sense of success and empowerment from participation in outdoor activities and the experience of the beauty of nature, which is excellent for both their mental health and their sense of self-worth.

### Review Literature

The researchers Bratman, **G. N., Hamilton, J. P., and Daily, G. C. (2012)** investigated the impact of encounters in nature on cognitive function and mental well-being. The findings of the study were submitted to and accepted for publication in the Annals of the New York Academy of Sciences. The writers conduct a literature assessment of previously published articles and studies that studied the connection between being exposed to natural environments and the cognitive and mental health of humans. The researchers came to the conclusion that spending time in natural settings has significant beneficial effects on cognitive function, notably in the areas of attention restoration and memory enhancement. It has been observed that spending time in nature helps individuals recover from mental exhaustion and stress by promoting mental clarity and improving their ability to focus. According to the findings of the study, spending time in natural areas can lead to lower levels of anxiety, despair, and other mood disorders. This is particularly important for mental health. Activities in natural settings have been linked to increased emotions of relaxation, tranquility, and overall well-being in people. This study presented nature-based tourism as a helpful technique in generating better health outcomes for patients and individuals. It highlighted the potential of nature-based interventions as an effective means to reduce cognitive fatigue and support mental health.

The article by **Hinds, J., and Sparks, P. (2009)** investigates the significance of individuals' emotive connections and identities in their interactions with the natural world. The authors conducted research to determine how people's emotional and personal connections to nature, as well as their sense of identity in relation to the natural environment, influence their participation in activities and experiences that are rooted in nature. According to the findings of the study, those who have a deep emotional connection to nature are the ones who are more inclined to seek out experiences in natural surroundings and participate in activities that are related to nature. These affective connections with nature are linked to good attitudes towards environmental conservation as well as a sense of responsibility for the protection of the natural world. In addition, the research demonstrated that people who view their connection to the natural world as a fundamental component of their identity are more likely to engage in environmentally conscious behaviors and sustainable activities. The sense of identity that one has with nature helps to build a greater respect for the environment, which in turn leads to an enhanced participation in activities that are beneficial to the health of the environment. The findings of this study highlight how important it is for individuals to develop emotional ties and a feeling of identity with nature in order to increase their participation in nature-based tourism and other environmentally conscious practices. When these characteristics are understood, it is possible to create effective nature-based interventions and sustainable tourism

efforts that resonate with people on a personal and emotional level. These can be designed with the help of this understanding.

**Mitchell, R., and Popham, F. (2008)** conducted research to evaluate the influence that being exposed to natural surroundings has on the degree to which health disparities exist within a community. The authors conducted an observational study using data from a population to assess the association between access to natural habitats and health outcomes. They placed a specific emphasis on health disparities among various socioeconomic classes as the primary area of investigation for their research. According to the findings of the study, those who live in places with greater access to natural surroundings and green spaces tend to have better health outcomes than those who live in areas with less opportunities to interact with the natural world. There is a correlation between proximity to natural surroundings and lower levels of stress, increased mental well-being, and a reduced chance of developing chronic diseases. In addition, the study reveals major health disparities that are linked to lack of access to natural environments. People who come from families with lower socioeconomic status typically have a more difficult time gaining access to green spaces, and as a result, they are more likely to experience negative effects on their health. The findings of the study emphasized how important it is to take into account environmental factors when attempting to comprehend health disparities and social inequality. The outcomes of this study highlighted the potential of nature-based interventions as well as the construction of green spaces in addressing health inequities and boosting general well-being, particularly among communities that are marginalized.

**Pretty, J., Peacock, J., Sellens, M., and Griffin, M. (2005)** investigate the impact of "green exercise," which refers to individuals engaging in physical activity in natural settings, on the mental and physical health outcomes of individuals. Concerning the effects of green exercise on a person's physical well-being, the findings of the study pointed to an improvement in cardiovascular health, a rise in fitness levels, and an improvement in the operation of the immune system. Additionally, research has shown that spending time in green places while exercising is connected with having lower blood pressure and a lower chance of developing chronic diseases. The research also highlighted the fact that green exercise presents an opportunity for social connection and engagement in the community, which is another factor that contributes to the favorable findings regarding health outcomes. The practice of combining physical activity with time spent in natural settings appears to have beneficial synergistic effects on both mental and physical health. As a result, "green exercise" is an effective strategy for improving overall health outcomes. The writers undertook a thorough analysis of the previous research and literature that has been published on the topic of the effects of green exercise on one's health. They studied the potential health benefits of taking part in physically active pursuits, such as walking, jogging, or cycling, in environments that were predominantly green and contained natural elements.

**Richardson, M., McEwan, K., and Maratos, F. A. (2016)** looked at a number of research that investigate how people's emotions and affective states are affected when they participate in activities that take place in natural surroundings. These activities include things like spending time in green spaces, participating in outdoor recreation, or traveling to natural destinations. According to the findings of the review, people's emotional responses to activities involving natural settings are almost universally favorable. During and after participating in activities centered in nature, participants reported having greater levels of enjoyment, joy, relaxation, and contentment. It was discovered that spending time in natural areas has a sedative and calming impact, hence lowering one's levels of tension and anxiety. It underlined the importance that nature plays in establishing a sense of closeness to the natural world, boosting good emotions, and promoting overall well-being. Many different age groups and ethnic backgrounds have reported feeling emotionally better after participating in activities that involve nature. According to the findings of the study, the strength of affective responses can be affected by factors such as the nature of the activity that involves nature, the length of time spent in natural settings, and the degree of involvement with the natural world. According to the literature review, there is a considerable and favorable impact that activities with nature have on the mental states and emotional well-being of persons. The introduction of nature-based therapies into programs designed to promote mental health, stress reduction, and overall psychological well-being is further supported by the emotional benefits that come from engaging with nature.

**Tyrvaainen, L., Ojala, A., Korpela, K., Lanki, T., Tsunetsugu, Y., and Kagawa, T. (2014)** studied the influence that urban green spaces have on the alleviation of stress. The authors investigated how individuals' exposure to natural landscapes in urban settings can affect both their physiological and psychological reactions to stress. According to the findings of the study, exposure to urban green spaces has a sizeable and significantly beneficial influence on the reduction and release of stress. Those participants who were able to spend time in these green places reported higher levels of well-being and lower levels of stress in comparison to those participants who did not have access to such locations. The findings of this study highlighted the importance of nature's function in the promotion of stress alleviation via physiological as well as psychological mechanisms. Cortisol is a physiological sign of stress, and researchers found that spending time in urban green spaces was related with lower levels of this hormone. In addition, individuals reported improvements in mood, as well as feelings of relaxation and revitalization, after having interactions with natural environments. According to the findings of the study, adding green areas into urban environments is an effective way to reduce stress and increase the general well-being of those who live in cities.

The research conducted by **White, M. P., Alcock, I., Wheeler, B. W., and Depledge, M. H. (2013)** investigates the connection between residing in metropolitan regions with more green space and an individual's level of happiness. The findings of the study were published in the journal *Psychological Science*. The authors study, with the help of panel data and a fixed-effects analysis, how people's access to green areas in urban environments influences their levels of happiness and subjective well-being over the course of time. According to the findings of the study, increasing levels of happiness were found to be positively correlated with living in metropolitan areas that contained more green space. People who live in places with limited access to nature report having lower levels of life satisfaction and happiness than those who live in communities with a greater number of green spaces. In addition, the findings of the study suggested that the beneficial effects of green urban places on happiness are long-lasting over a period of time. This suggests that the existence of green areas has a direct and significant influence on individual happiness, as the result stays consistent even after controlling for other factors that potentially influence well-being. The decrease of stress, opportunities for social connection, and possibilities for outdoor activity are all known to contribute to improved well-being, and this aspect of the link was taken into consideration in the study as a potential mechanism that may explain why the two are related. The findings of this research pointed to the significance of including green spaces into the planning and design of urban areas in order to improve the health and happiness of the people who live there. They supported the premise that access to green spaces can play a vital role in enhancing overall life satisfaction and happiness among city inhabitants by providing valuable insights into the potential psychological advantages of nature in urban environments. This was accomplished by providing evidence that nature can be beneficial to humans in urban surroundings.

The research conducted by **Zelenski, J. M., Dopko, R. L., and Capaldi, C. A. (2015)** analyzes the relationship between being exposed to nature and its possible impact on encouraging cooperative behavior and environmentally friendly acts. The authors investigated how individuals' propensity toward cooperation and their desire to engage in activities that support environmental sustainability may be influenced by spending time in natural habitats. Specifically, they looked at how individuals' willingness to engage in behaviors that support environmental sustainability may be affected. According to the findings of the study, being exposed to natural environments is related with a greater likelihood of engaging in cooperative conduct. Participants who were exposed to nature on a regular basis or who had access to green spaces on a regular basis were more likely to demonstrate cooperative and pro-social behaviors, demonstrating a higher tendency to work together and support others. This was the finding of a study that was conducted in the United Kingdom. People who spent more time outside had a stronger level of care for the environment and a greater readiness to participate in activities that were more environmentally beneficial. The results of this study revealed that being exposed to natural settings may play a role in establishing a pro-environmental mindset and increasing the likelihood of people working together. Interventions that are grounded on nature have the potential to make a positive contribution, both individually and collectively, to efforts made toward the creation of sustainable and environmentally conscious communities. The study also revealed that the beneficial impacts of nature exposure on cooperation and

environmental behavior are not confined to certain cultural or geographic origins, which implies that this relationship has a universal component to it.

### Research Methodology

The research is exploratory & secondary both. For exploratory data, the small structured questionnaire has been prepared only with 06 major statements & only 80 patients has been targeted from different hospitals who are in condition to fill questionnaire. Random convenience sampling has adopted for collection of relevant data. The patients selected where their treatment is being done through nature-based tourism. Theoretical framework & review literature has been collected from various secondary sources such as websites, published articles, thesis etc.

### Objective of the study

- To examine nature-based tourism impact on physical & mental health of patients
- To explore the role of nature-based activities which helps in patients cure.

### Hypothesis

H1 : Nature-based tourism does not contribute positively to physical & mental health of patients and overall well-being

H2 : Nature-based tourism contribute positively to physical & mental health of patients and overall well-being

### Results & Discussion

**Table 1 : Does Natural Environments Reduces Stress and Alleviate Anxiety**

	Frequency	Percentage	Mean	S.D.
Male	56	70%	4.56	.891
Female	24	30%		

**Table 2 : Does Nature Based Tourism Shedding Light on the Physiological and Psychological Mechanisms**

	Frequency	Percentage	Mean	S.D.
Male	18	22.5%	5.28	.712
Female	62	77.5%		

**Table 3 : Does Physical Activities Within Natural Settings Improving Patients' Cardiovascular Health, Muscular Strength, and Overall Fitness**

	Frequency	Percentage	Mean	S.D.
Male	41	51.25%	3.98	.867
Female	39	48.75%		



**Table 4 : Does Natural Environments on Impacts on Patients' Mood, Happiness, and Mental Well-Being**

	Frequency	Percentage	Mean	S.D.
<b>Male</b>	62	77.5%	5.77	.716
<b>Female</b>	18	22.5%		

**Table 5 : Does Nature Based Tourism Exploring Patients Potential to Mitigate Mood Disorders and Depression**

	Frequency	Percentage	Mean	S.D.
<b>Male</b>	32	40%	4.29	.828
<b>Female</b>	48	60%		

**Table 6 : Does Therapeutic Significance for Patients Facing Mental Health Challenges**

	Frequency	Percentage	Mean	S.D.
<b>Male</b>	51	63.75%	3.79	.795
<b>Female</b>	29	36.25%		

**Table 7: Descriptive Statistics (Mean & S.D. & P. Value)**

S.No.	Statements		Mean	S.D.	P. Value
1	Does Natural Environments Reduces Stress and Alleviate Anxiety		4.56	.891	0.005
2	Does Nature Based Tourism Shedding Light on the Physiological and Psychological Mechanisms		5.28	.712	0.005
3	Does Physical Activities Within Natural Settings Improving Patients' Cardiovascular Health, Muscular Strength, and Overall Fitness		3.98	.867	0.005
4	Does Natural Environments on Impacts on Patients' Mood, Happiness, and Mental Well-Being		5.77	.716	0.005
5	Does Nature Based Tourism Exploring Patients Potential to Mitigate Mood Disorders and Depression		4.29	.828	0.005
6	Does Therapeutic Significance for Patients Facing Mental Health Challenges		3.79	.795	0.005

Above table 7 found that the statement “Does Natural Environments on Impacts on Patients' Mood, Happiness, and Mental Well-Being” & “Does Nature Based Tourism Shedding Light on the Physiological and Psychological Mechanisms” having high mean values i.e., 5.77 & 5.28 respectively. Similarly, “Does Physical Activities Within Natural Settings Improving Patients' Cardiovascular Health, Muscular Strength, and Overall Fitness “ & “Does Therapeutic Significance for Patients Facing Mental Health Challenges” having lowest mean values i.e., 3.98 & 3.79 respectively. In this research the hypothesis has been tested in the form of statements results. The overall hypothesis has been checked. It is analysed that the alternate hypothesis has been accepted i.e., “Nature-based tourism contribute positively to physical & mental health of patients and overall well-being“ & null hypothesis has been rejected. Because all mean values are greater than P value 0.005.

### **Findings of the study**

#### **Based on the stated objectives, the following conclusions can be drawn:**

- Travel that focuses on nature and activities that take place in natural settings are both beneficial to the patients' physical health. Participating in outdoor activities like walking, hiking, or observing animals can lead to improvements in cardiovascular health, greater fitness levels, and increased physical activity, all of which are excellent for the overall well-being and recovery of patients.
- Patients' mental health can be significantly improved by participating in ecotourism activities. It has been shown that spending time in natural areas helps lower levels of stress, make it easier to relax, and treat symptoms of anxiety and depression. Patients benefit from the therapeutic and relaxing effects of spending time in nature, which contributes to the patients' mental well-being as well as their emotional resilience.
- Participating in activities that involve nature has been shown to have a beneficial effect on the immune system function of patients. Being exposed to natural settings and open green areas may result in improved immunological responses, which can speed up the healing process and strengthen the body's defenses against illness.
- Activities that involve spending time in nature are extremely important for the psychological recovery and cognitive function of patients. Exposure to natural environments has been shown to lead to improved attention restoration, memory enhancement, and mental clarity, all of which contribute to higher cognitive performance and the ability to cope with cognitive fatigue.
- Patients who participate in activities based in nature are more likely to form a powerful affective connection with nature, which can promote a sense of emotional attachment and identity with the natural world. The overall therapeutic advantages of travel and activities based in nature are increased because to the emotional connection that is created.
- Tourism and activities centered in natural settings frequently offer opportunities for interpersonal connection and participation in local communities. Patients who take part in nature-based group activities reap the benefits of increased social support and a stronger sense of belonging, both of which have a beneficial effect on their mental health and emotional well-being.
- Patients can gain a sense of empowerment and success by participation in activities rooted in nature, which contributes to an increase in patients' self-esteem and motivates them to continue their healing journey.

The findings indicate that nature-based tourism and activities have a multidimensional impact on the physical and emotional health of patients. Overall, the findings imply that this impact can be positive. Patients may experience improved health results and a higher quality of life as a result of combining traditional medical treatments with the therapeutic benefits of connecting with nature, participating in outdoor activities, and experiencing natural environments.

### **Conclusion**

A holistic and invigorating approach to enhancing the physical and mental health of patients is provided by ecotourism. This form of sustainable tourism has the potential to have a significant and positive impact on

patients' well-being by utilizing the healing power of nature and offering engaging and health-promoting activities. Further research and exploration in this field could cast light on the specific mechanisms and health benefits of nature-based tourism for patients, thereby promoting the integration of ecotherapy into healthcare practices. To ensure that their nature-based tourism experiences have a positive impact on the environment and the communities they visit, it is crucial for travelers to choose reputable tour operators and accommodations that adhere to responsible tourism practices. Combining the therapeutic power of nature with engaging and health-promoting activities, nature-based tourism provides a holistic and invigorating method for enhancing patients' well-being. While nature-based tourism can have numerous positive effects on the physical and mental health of patients, individual responses may vary. Before engaging in nature-based activities, patients with specific health conditions or limitations should consult with their healthcare providers to ensure their safety and suitability.

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