

## Spending free time outdoors or indoors?

Sometimes indoors and sometimes outdoor: 1- being in nature or mingle with peers, human has been born in nature: depression, social being, ...2- indoor: reading, watching your favorite film or even your skipped chores, hosting guests 3- exercising, being free from hectic and sedentary lifestyle.

With the progress of technology, most professions have gotten complicated tremendously and required more mental ability rather than physical power, thereby people have to devote substantial time for attaining an expertise. This lifestyle has deprived individuals ~~of from~~ sufficient leisure time. From what has been discussed it will be thoughtful to strike a balance between outdoors and indoors' recreations. I myself believe both of them are essential in diverse suitable situations.

First and foremost, it is worth bearing in mind that Homo sapiens have been born in nature and almost every discovery and invention has been inspired from it. Therefore, a query requiring to be raised is how society can accelerate the rate of achieving its objectives with isolation of natural scenes? In other words, not only does outdoor rest time have a multitude of personal positive outcomes such as mingling with their companions and pleasing, eye-captivating scenes, also it can be productive to create novel incentives in numerous majors such as biology, anthropology and aerospace. **As an example, nowadays ?????**

In the second place, although all those points which have has been mentioned above are necessary, they are not adequate per se. It is ~~a~~ common knowledge that everybody has not definite and limited favorites and inclined to satisfy them independent in- depends of spiritual needs and commensurate with age, job condition, education level and social and family roles. For instance, if a person is be a specialist or scientist, they will need to have some indoors activities like reading or replicating others findings and experimenting their own hypotheses. Take reading a novel or practicing music musician as an example, which these are both indoors hobbies and which I myself have an insatiable appetite for both of them.

And finally, it seems intellectual to have some outdoors activities neither for pleasure **and nor for humans are social beings????????**. I mean sometimes we should do it for maintaining our welfare. It can be an appropriate fortune (opportunity) to relieve our sedentary and hectic lifestyles. Everybody knows the harmful consequences and side effects of sitting at the table for perpetual work-time. Therefore, going outdoor and taking some exercise may be a fruitful suggestion notwithstanding your liking.

All in all, I think it would be better if we were not ~~do not be~~ extremists for either outdoors or indoors leisure time. Both of them ~~which~~ are necessary and have their ~~its~~ own pros and cons.