

July 2, 2021

National Hammock Day

By Jolynn Young, Neighborhood News Staff Writer

When it comes to thinking about summer relaxation, summertime and hammocks go hand in hand. So, this July 22, plan on winding down and enjoying some hammock time and celebrate National Hammock Day. Our busy, hectic lives deserve a day to lay back, de-stress, and unwind. Hammocking is the perfect summertime activity. Rest, relax, and sway to the rhythm of a hammock.

Did you know the hammock has health benefits? Studies have shown you can fall asleep faster and get more restorative sleep in a hammock. Sleeping in a hammock may also reduce back pain. Grab your favorite book, a cool drink, and catch a breeze as the hammock sways, or lie back for a refreshing nap.

Just as relaxing is the ingenious hammock chair. Hammock chairs hold the body naturally and freely while blending with the beauty of the outdoors. Hang a colorful hammock chair at the lake or pool side and get swinging.

Did you know:

- In North Carolina, you can find the largest hammock in the world, which spans 42 feet and can hold up to 8000 lbs.
- In Utah there is a hammock that hangs 492 feet in the air over a massive canyon.
- About 500 plastic bags can be transformed into a hammock. Check out this website for instructions: <https://www.instructables.com/Up-swing/>

Hammocks don't have to be ho-hum, however, for many of us, ho-hum is exactly what we need. A safe and cozy hammock a couple of feet in the air underneath a big shade tree and a nice glass of lemonade, may be just your ticket for unwinding this summer.

Whether you use a hammock to refresh or be adventurous, celebrate National Hammock Day this July 22nd. Your body will thank you for the recharge.