

PreDefence

Self defense before SHTF

<http://predefence.com>

The health benefits of going shooting

Categories : [Uncategorized](#)

Tagged as : [fun](#), [practice](#), [shooting rangetraining](#)

As if you needed another excuse to go shooting this weekend.

We'll ignore the lack of source data simply because this is what we want to hear, and it gives you the chance to tell your wife:

"Honey, I need to go shooting this weekend. I was reading where going to the range has all kinds of health benefits."

And if that doesn't work, try this one:

"Honey, I need to go to the range this weekend. The thing is, it's fun."

<http://www.shootingrangeindustries.com/going-to-a-shooting-range-has-many-health-benefits-increases-physical-discipline-focus-eyesight-adrenaline-courage-confidence/>

Even James Altucher agrees that shooting is good for you:

http://www.jamesaltucher.com/2012/08/10-ways-release-oxytocin-into-life/?utm_source=activecampaign&utm_medium=email&utm_term=oxytocin-release&utm_content=&utm_campaign=impression