

# 5 benefits to Florida rooms



Nowbirds heading south to escape cold winters is a phenomenon that has been popular for decades. Places like Florida often beckon vacationers and retirees who are eager to enjoy the sun and surf.

Individuals who have traveled south are likely familiar with outdoors spaces known as “Florida rooms.” While they are commonplace in Florida, these rooms are not exclusive to the Sunshine State. In fact, they can be beneficial additions regardless of where one lives.

## What are Florida rooms?

Florida rooms used to be spaces that people could retreat to when central air conditioning wasn't so prevalent. Today, the term is largely synonymous with sunrooms. Florida rooms tend to be enclosed, screened-in lanai spaces that expand a home's living space outward. They may be outdoor patios, living rooms or even areas that surround covered swimming pools. Florida rooms can be tailored to homeowners' personal preferences and lifestyles.

## The benefits to having a Florida room

Florida rooms are popular and sought-after, and the following are five notable benefits of having such a room.

- 1. Help to maintain a connection to nature:** Florida rooms blend the outdoors with the interior of a home. The rooms may be on the side of a house or overlook a backyard, enabling residents to enjoy the great outdoors without full exposure to the elements.
  - 2. Make it possible to enjoy outdoors for most of the year:** People who live in temperate climates can enjoy outdoor spaces all year long. Those who find it is pleasant outside for most months of the year can retreat to Florida rooms when conditions are less inviting. Heating and cooling capabilities can be added to the spaces to make them full four-season rooms.
  - 3. Get extra vitamin D:** Vitamin D deficiency is extremely common, affecting 42 percent of the United States population, according to the National Institutes of Health. Florida rooms enable people to soak up some extra sunshine and vitamin D.
  - 4. The rooms add value:** Adding a Florida room gives homeowners additional space to enjoy with friends and family. Also, it has the potential to increase a home's resale value without committing to an extensive renovation.
  - 5. Rooms can be tailored to unique needs:** A Florida room can be customized based on what homeowners desire. Companies who specialize in Florida rooms can design these spaces according to the parameters chosen by homeowners.
- Florida rooms add comfort, space and value to homes, making them a worthy consideration for anyone looking to improve the creature comforts of their home.

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