

# Five Reasons Escape Rooms Are So Fun

**State:** New

**Company:** [Clue](#)

**Topic:** Why escape rooms are fun

**Word Count:** 319

## Content

Have you always wondered what happens in an [escape room](#)? They're on the rise and are wildly popular when it comes to a different sort of activity. With these top five tips, you'll find out why you should call your closest friends, family, or significant other to book your escape room now!

- **It's Good For Your Health:** You read that right. Escape rooms are good for your health! From improving your concentration to helping you hone your social skills, there are a plethora of reasons escape rooms can help you stay [healthy](#).
- **Team Building:** Being locked in a room with a [team](#) forces you not only to be in close-quarters with one another, but you have to learn to communicate effectively and efficiently in order to make it out in time. People problem-solve in different ways, and this could be very beneficial when it comes to an escape room.
- **Challenge:** These rooms are puzzles on a whole new level that help you think outside of the box. What's life without overcoming a [challenge](#) here and there? Start brainstorming and putting those cognitive functions to work.
- **Bonding:** Family, friends, partners, spouses. Need to spice up date night? Need the kids to step away from the technology and indulge elsewhere? Being locked in a small area with any of your loved ones means you have to [bond](#) in order to get out before your time runs out. Put those heads together and work as one to achieve success and come out stronger. Just don't forget to have fun while you're at it.
- **Fun, fun, fun:** Lastly, because it's [fun](#)! Escape rooms seem to be one of the activities out there right now that combine so many great aspects of being human. You get time with loved ones, you exercise your brain, you get to be social, and you can try to conquer a real challenge. What do you have to lose?