



## **2 hours/week, 20+ minutes at a time. That's all it takes.**

Research shows that people who spend at least 2 hours in nature each week report significantly better health and wellbeing.<sup>i</sup> Science suggests that the most efficient drop in cortisol (stress hormone) levels happens between 20 to 30 minutes<sup>ii</sup> — hence our 20-minute rule.

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### **Spending time in nature:**

#### **Makes you feel younger.**

Living in a neighbourhood with 10 more trees per block improves your health perception similar to taking 7 years off your age.<sup>iii</sup>

#### **Keeps your mind sharp.**

Seniors who garden reduce their risk of dementia by 36 per cent—even more than those who walk every day.<sup>iv</sup>

#### **Reduces your risk of chronic disease.**

Spending more time in green space drops your risk of asthma, diabetes, heart disease, high blood pressure and stroke.<sup>v</sup>

#### **Boosts your immune system.**

Adults who take short day trips to the woods boost their levels of immunoproteins and natural killer cells for at least 7 days.<sup>vi</sup>

#### **Increases your life expectancy.**

Elders who reside closer to walkable green spaces live longer—no matter what your age, general health or income is.<sup>vii</sup>

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### **Make the most of your nature prescription with these simple tips:**

#### **1. Make easy green tweaks to your routine.**

Avoid adding extra time and effort by substituting outdoor activities for indoor ones.

#### **2. Write nature into your schedule.**

Prioritize your date with nature by entering it into your day planner.

#### **3. Phone a friend or family member.**

Involving others increases your chances of meeting your goals.

#### **4. Respect nature—and yourself.**

Dress for the weather, stay on the trail and pack out what you pack in.

**5. Do what feels right for you.** The health benefits of nature start to add up when you feel like you've had a meaningful nature experience.

<sup>i</sup> White, M.P. et al. *Sci Rep* 9, 7730 (2019). <sup>ii</sup> Hunter, M.R. et al. *Front Psychol* 10, 722 (2019). <sup>iii</sup> Kardan, O. et al. *Sci Rep* 5, 11610 (2015). <sup>iv</sup> Simons, L.A. et al. *MJA* 184, 68 (2006). <sup>v</sup> Twohig-Bennett, C., Jones, A. *Environ Res* 166, 628 (2018). <sup>vi</sup> Li, Q. et al. *J Biol Regul Homeostat Agents* 24, 157 (2010). <sup>vii</sup> Takano, T. et al. *J Epidemiol Community Health* 56, 913 (2002).

