Healthy Trees, Healthy Lives

View the icons and images below to learn why trees are vital to good health and well being.

Trees care for your vitality
Trees absorb pollutants so you can breathe clean, fresh air, helping your brain release serotonin to boost your energy and mood.

Trees care for your peace of mind
Exposure to forests decreases mental fatigue by relaxing and restoring your mind as well as providing a sense of security.

Trees care for your little ones
Urban trees are found to promote higher birth weights and support good health in newborn babies.

Trees care for your healing
Viewing trees while recovering from surgery can increase a patient's pain threshold, requiring less pain relievers and shortening recovery time.

Trees care for your heart
Exposure to trees relaxes and restores your mind, lowering your blood pressure and heart rate.

Trees care for your comfort
Shade from a tree's canopy can reduce temperatures by up to 20° F, making it more comfortable to be outdoors.

Trees care for your fitness
Green spaces and tree-lined streets encourage walking, outdoor activities and generally healthier lifestyles.

Trees care for your brain
Children who play in nature are more relaxed and attentive, which improves learning and performance in school.

Trees care for your fighting power
Being in and around nature helps your body's immune system and boosts disease-fighting cells to act faster.

Trees care for your skin
Urban trees throw shade on your exposure to harmful UV rays, reducing your chances of developing skin cancer.

Trees care for your nutrition
Fruit and nuts from trees contain antioxidants which boost your immune system and provide healthy fats to help decrease bad cholesterol levels.

Trees care for your lungs
Trees help keep our world clean and healthy by filtering particles out of the air we breathe, decreasing the risk of respiratory illnesses.

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Take care of the forest and it will take care of you