



# Health benefits of NATURE

Did you know that simply spending time in nature can have a powerful impact on your health and wellbeing? Evidence shows that you can see great benefits of being outdoors with only 120 minutes per week, but every bit counts! Let's take a look at some of the TREE-mendous benefits of getting outside.

Reduces stress, depression, and anxiety by lowering cortisol (stress hormone), blood pressure, and adrenaline.



Makes us happy! Being outside releases internal "happy" chemicals that you don't necessarily get by being inside.



Improves sleep



Increases generosity and cooperation



Boosts creativity, cognition, and memory

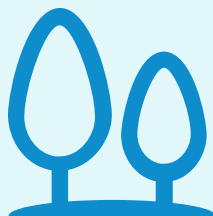


Relieves pain

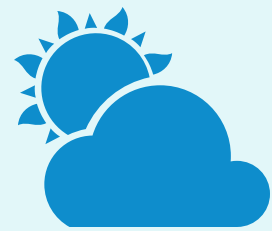
Access to safe, accessible, and quality parks can help to reduce health disparities and benefit people's health and wellbeing.



Boosts immune system function (Vitamin D, phytoncides, and killer T cells)



Tips: When being active outdoors, make sure you plan accordingly! Hydrate when it's hot. Wear layers when it's cold.



[www.walk\\_withadoc.org](http://www.walk_withadoc.org)

<https://go.nps.gov/healthy-parks-resources>  
<https://doi.org/10.1007/s11845-018-1923-x>

<https://doi.org/10.1016/j.yjmed.2015.07.011>  
<https://doi.org/10.1016/j.envres.2018.06.030>