One hour of gardening equals 35 minutes of jogging which means gardening can improve weight loss.

Growing your own vegetables provide more flavor and better nutrition than fruits and vegetables purchased from local grocery store.

Gardening requires physical activity, which is necessary for building and toning muscles, strengthening bones, increasing coordination and extending flexibility. You also get the added perk of increased blood circulation which can lead to lower blood pressure and increased healing.

Gardens are designed for calming and healing effects are being installed in healthcare facilities around the country. Gardening reduces cortisol levels, which relaxes the mind and clears away distractions, allowing you to stay present in the moment and focused on what’s at hand. Gardens can improve mood and quality of life while also stimulating your sense of smell, touch, sight, sound, and taste.

Gardening is a social activity. Families can enjoy garden projects together – children learning about nature and teens taking a break from their electronic devices. Gardening encourages social bonding in neighborhoods and community cohesion. Gardens encourage people to actively engage in pro-environment behavior.

Gardens are an endless source of wonder. Being in a garden can improve concentration and attention capacity, stimulate memories and improve goal achievement.

Gardening is nature’s Rx. It costs very little and pays back in health and wellbeing.

Tips courtesy of the University of Minnesota’s Center for Spirituality & Healing.
csh.umn.edu