

6/1/2024

## 5 Reasons to Get Outside

*Jennifer White*



Looking for content to share with consumers? How about inspiring them to get outside a little bit more.

Here are five reasons to get outside (gardens count) from the Children & Nature Network:

- Three months of therapeutic gardening activities helped reduce the severity of depression and increase the attentional capacity for patients with clinical depression.
- 143 scientific studies—with a combined population of more than 290 million people from 20 different countries—found that greenspace exposure is associated with numerous health benefits.
- 300 seconds (five minutes) spent viewing a natural setting results in positive changes in blood pressure, heart activity, muscle tension and brain electrical activity.
- 20 minutes spent outside in nature can significantly reduce levels of cortisol, a stress hormone.
- Two hours in nature every week is proven to make you feel happier and healthier.

See the [GreenTalks newsletter](#) with links to these studies. **GP**