

# Nature & Cardiovascular Health

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.

## Spending time in nature

### REDUCES YOUR RISK OF CARDIOVASCULAR DISEASE

A review of 143 scientific studies showed that spending more time in green space cuts your overall risk of diabetes, heart disease and stroke.<sup>iii</sup>

### KEEPS YOU AT A HEALTHIER WEIGHT

Adults who spend more time in parks are 35% more likely to meet physical activity guidelines, and significantly lower their risk of obesity.<sup>iv</sup>

### CONTROLS YOUR BLOOD PRESSURE

People who sat, walked and relaxed in the forest for 4 hours dropped their blood pressure by over 10 mmHg.<sup>v</sup>

### DROPS YOUR BLOOD SUGAR

If you have diabetes, taking a stroll in the woods reduces your blood sugar levels by the same amount whether it's a short- or long-distance walk, and can reduce your Hgb A1C by up to 4.8%.<sup>vi</sup>

### SUPERCHARGES THE EFFECTS OF EXERCISE

Adults who exercise outdoors feel more energized, happier and less stressed than those who exercise indoors.<sup>vii</sup>

## 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 adding it to your calendar or day planner.

### 3. PHONE A FRIEND OR FAMILY MEMBER

Making it a team effort 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. For more on how to get outside safely and responsibly, visit our friends at [AdventureSmart](#).

### 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> Twohig-Bennett, C. & Jones, A. *Environ Res* 166, 628 (2018); <sup>iv</sup> Faka, A. et al. *Spat Spatio-temporal Epidemiol* 29, 31 (2019); <sup>v</sup> Ochiai, H. et al. *Int J Environ Res Public Health* 12, 2532 (2015); <sup>vi</sup> Ohtsuka, Y. et al. *Int J Biometeorol* 41, 125 (1998); <sup>vii</sup> Coon, J.T. et al. *Environ Sci Technol* 45, 1761 (2011).



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