

Nature & Kids' Respiratory 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.ⁱ Science suggests that the most efficient drop in cortisol (stress hormone) levels happens between 20 to 30 minutesⁱⁱ – hence our 20-minute rule.

Spending time in nature

IMPROVES YOUR LUNG FUNCTION

A study of over 7,000 kids showed that growing up close to green space boosts your lung capacity and elasticity into young adulthood.ⁱⁱⁱ

CAN LOWER YOUR RISK OF ASTHMA

Kids who live in neighbourhoods with more diverse vegetation and street trees develop asthma less often.^{iv}

SMARTENS UP YOUR IMMUNE SYSTEM

By exposing your developing immune system to a variety of bacteria that live in vegetation, animal species and fertile soil, nature time teaches it to attack dangerous molecules and ignore harmless ones.^v

DROPS YOUR RISK OF ALLERGIES

Living in an area with increased forests and farmland within 5 km of home reduces kids' chances of developing allergies.^{vi}

KEEPS YOU FIT

Children who spend time in nature are more physically active and less sedentary—which improves your overall respiratory health and endurance.^{vii}

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.

ⁱ White, M.P. et al. *Sci Rep* 9, 7730 (2019), ⁱⁱ Hunter, M.R. et al. *Front Psychol* 10, 722 (2019), ⁱⁱⁱ Fuentes, E. et al. *Environ Int* 140, 105749 (2020), ^{iv} Donovan, G. et al. *Nat Plants* 4, 358 (2018), ^v Rook, G. *PNAS USA* 110, 18360 (2013), ^{vi} Ruokolainen, L. et al. *Allergy* 70, 195 (2015), ^{vii} Chawla, L. *J Plan Lit* 30, 433 (2015).



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Healthy by Nature

From BC Parks Foundation