

NATURE HEALS

(Re)connecting with Nature is essential to human health and wellbeing.

It's simple and good for you, too!



Sit Spot – sitting in a plant-rich green area observing what is happening around you can reduce stress and improve your mood.



Being – simply being in a natural area, like a garden, can lower blood pressure.



Fifteen – walking for 15 minutes in a forest restores your body and mind.



Engagement in a garden – rewires the brain to improve memory and attention.



30x3 – including a walk in a garden for 30 minutes 3x/week as part of your routine will improve your overall mental health.

MASTER GARDENER VOLUNTEER PROGRAM

UNIVERSITY OF MINNESOTA
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Gardening questions?

**Ask a Master Gardener volunteer
612-301-7590**

extension.umn.edu/garden/ask/



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