

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:

Reduces your risk of chronic disease.

Spending more time in green space drops your risk of asthma, diabetes, heart disease, high blood pressure and stroke.ⁱⁱⁱ

Makes you feel richer. Living in a neighbourhood with 10 more trees per block improves your health perception similar to an increase in your personal income of \$10,000 per year.^{iv}

Busts stress. Sitting in a forest for just 15 minutes significantly reduces your cortisol levels and heart rate variability—while sitting on a urban street does nothing.^v

Boosts your immune system. Adults who take short day trips to the woods boost their levels of immunoproteins and natural killer cells for at least 7 days.^{vi}

Makes you smarter. Your memory, creativity and task performance increase much more after a walk in a park than on a city street.^{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 entering it into your day planner.

3. Phone a friend or family member.

Involving others 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.

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 Twohig-Bennett, C., Jones, A. *Environ Res* 166, 628 (2018) ^{iv} Kardan, O. et al. *Sci Rep* 5, 11610 (2015). ^v Hiromitsu K. et al. *Altern Med* 2015, 671094 (2015). ^{vi} Li, Q. et al. *J Biol Regul Homeostat Agents* 24, 157 (2010). ^{vii} Koselka E.P.D. et al. *Int J Environ Res Public Health* 16, 4338 (2019).

