**CANCER CARE**

**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.¹ Science suggests that the most efficient drop in cortisol (stress hormone) levels happens between 20 to 30 minutes²—hence our 20-minute rule.

---

**Spending time in nature:**

**Improves your resilience as you navigate diagnosis and treatment.**
A review of 11 studies of patients with cancer showed that spending time in nature helped them connect to loved ones, create a safe space to contemplate the future, and stay more active.³

**Boosts your immune defences.**
An integrated medicine intervention that connected cancer patients to nature increased their tumour-killing cell activity—along with their quality of life and spiritual wellbeing.⁴

**Helps you focus on what’s important.**
A green-time intervention significantly improved concentration and attention in women after surgical treatment for breast cancer compared to those who didn’t spend time in nature.⁵

**Gives you strength and stamina.**
90 per cent of cancer survivors reported better strength, agility and endurance after participating in a gardening program.⁶

**Aids in recovery.**
Research suggests that everyday nature exposure is a powerful way to improve physical and psychological recovery in cancer survivors.⁷

---

**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.

---