PaRx
A Prescription for 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.[i] Science suggests that the most efficient drop in cortisol (stress hormone) levels happens between 20 to 30 minutes[ii] — 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.[iii]

Keeps you at a healthier weight.
Adults who spend more time in parks are 35 per cent more likely to meet physical activity guidelines, and significantly lower their risk of obesity.[iv]

Controls your blood pressure.
People who sat, walked and relaxed in the forest for 4 hours dropped their blood pressure by over 10 points.[v]

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.[vi]

Supercharges the effects of exercise.
Adults who exercise outdoors feel more energized, happier and less stressed than those who exercise indoors.[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] Faka, A. et al. *Spat Spatio-temporal Epidemiol* 29, 31 (2019). [v] Ochiai, H. et al. *Int J Environ Res Public Health* 12, 2532 (2015). [vi] Ohtsuka, Y. et al. *Int J Biometeorol* 41, 125 (1998). [vii] Coon, J.T. et al. *Environ Sci Technol* 45, 1761 (2011).

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healthy by nature

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