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 minutes\(^8\) — hence our 20-minute rule.

Spending time in nature:

**Makes you feel younger.**
Living in a neighbourhood with 10 more trees per block improves your health perception similar to taking 7 years off your age.\(^iii\)

**Keeps your mind sharp.**
Seniors who garden reduce their risk of dementia by 36 per cent—even more than those who walk every day.\(^iv\)

**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.\(^v\)

**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.\(^vi\)

**Increases your life expectancy.**
Elders who reside closer to walkable green spaces live longer—no matter what your age, general health or income is.\(^vii\)

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.

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