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 lung function.** A study of over 7,000 kids showed that growing up close to green space boosts your lung capacity and elasticity into young adulthood.³

**Can lower your risk of asthma.** Kids who live in neighbourhoods with more diverse vegetation and street trees develop asthma less often.⁴

**Smartens up your immune system.** By exposing your developing immune system to a variety of bacteria that live in vegetation, animal species and fertile soil, nature time teaches it to attack dangerous molecules and ignore harmless ones.⁵

**Drops your risk of allergies.** Living in an area with increased forests and farmland within 5 km of home reduces kids’ chances of developing allergies.⁶

**Keeps you fit.** Children who spend time in nature are more physically active and less sedentary—which improves your overall respiratory health and endurance.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. **Follow your child’s lead.** Focus on fun and plan green time around your child’s interests to grow a lifelong nature habit.