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

Spending time in nature:

**Helps you stay active.** Children who spend time in nature are more physically active and less sedentary—especially if the green space is more diverse.

**Keeps you at a healthy weight.** Living in a neighbourhood with more nature reduces the risk of childhood obesity.

**Encourages healthy play.** Kids who play in recently greened school grounds play more cooperatively, communicate better and decrease aggressive behaviour.

**Hones your motor skills.** Children who play in nature compared to a traditional playground develop superior motor skills, balance and coordination.

**Can be more fun when it’s more wild.** Kids’ favourite play spaces often involve areas with varied topography, unmown grass, weeds and unpruned trees.

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.

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