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:

Makes your brain bigger. Literally. Schoolchildren who spend more time in nature as they grow up increase their brain volume in areas that improve memory and attention.³

Boosts your attention. Elementary and preschool kids focus significantly better after a 20-minute walk in a park compared to a city street.⁴

Sharpens your memory. A study of almost 5,000 children showed that those who lived in neighbourhoods with more green space had better working-memory abilities.⁵

Improves your grades. A study of 101 high schools showed that schools with more trees and plants visible from classroom windows had higher standardized test scores and graduation rates.⁶

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