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:

**Reduces your risk of chronic respiratory diseases.** Studies show that spending more time in green space drops your risk of asthma and mortality from lung disease.iii

**Lowers your unhealthy exposure to air pollution.** Plants and trees shade and remove ozone, particulate matter and carbon monoxide from the environment, making the air we breathe cooler and cleaner.iv

**Protects you against lung infections.** People who live in areas with more trees have a lower risk of illness and death from pneumonia and bronchitis.v

**Boosts your immunoproteins and virus-fighting cells.** Adults who take short day trips to the woods boost their levels of immunoproteins and natural killer cells for at least 7 days.vi

**Improves inflammation.** Research shows that participating in nature activities reduces inflammatory biomarkers like IL-6, which have been linked to asthma.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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