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:

**Improves your memory.** Memory and focus improve significantly after a short nature walk compared to a walk on a city street.

**Boosts your creativity.** Plan your next vacation around a nature experience. Hikers who spent four days in nature increased their creativity levels by 50 per cent.

**Busts stress.** Sitting in a forest for just 15 minutes significantly reduces your cortisol levels and heart rate variability — while sitting on a urban street does nothing.

**Increases your job satisfaction.** Workers whose offices have live indoor plants and windows looking out onto green spaces are more satisfied with their jobs than those without.

**Makes you feel richer.** Living in a neighbourhood with 10 more trees per block improves your health perception similar to an increase in your personal income of $10,000 per year.

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.

---