



NATURE AND YOUR HEART

PRESCRIPTION

2 hours/week in nature

Research shows that people who spend at least 2 hours in nature each week report significantly better health and wellbeing.

- Studies show that being outside in nature is relaxing, reducing our stress, cortisol levels, muscle tension and heart rates – all of which are risk factors for cardiovascular disease.
- A review of 143 scientific studies showed that spending more time in green space cuts your overall risk of diabetes, heart disease and stroke.
- Residents in neighborhoods with a greenspace ratio lower than 28% or green view index lower than 15% had higher risk of physical inactivity, overweight or obesity, hypertension, and stroke.
- Air pollution, which is associated with adverse health outcomes including heart disease, is lower in areas with more trees and greener environments.

LINKS

- <https://www.sciencedirect.com/science/article/pii/S0013935118303323>
 - <https://www.nps.gov/articles/naturesbenefits.htm>
 - <https://academic.oup.com/bioscience/article/65/5/476/324489?login=true>
 - <https://www.mdpi.com/1660-4601/19/4/2426/htm>
 - <https://www.heartandstroke.ca/articles/how-nature-improves-your-health>
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