



KID'S METABOLISM AND NATURE

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.

- Living in a neighbourhood with more nature reduces the risk of childhood obesity.
- Children who play in nature compared to a traditional playground develop superior motor skills, balance and coordination.
- Children living in close proximity to parks facilities are not as likely to have significant increases in BMI at 18 years of age.

LINKS

- <https://www.nature.com/articles/s41477-018-0151-8>
 - <https://www.jstor.org/stable/10.7721/chilyoutenvi.14.2.0021?seq=1>
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3162362/>
-
-