



# THE LANDSCAPE CONSULTANTS

Your design and installation team



## The Healthy Benefits of Gardening

When it comes to making all those New Years Resolutions did you know that gardening is the second most popular form of exercise in Canada, attracting 72% of Canadian adults. It is second only to walking. On average, Canadians spend only 0.8 hours per day on sports and hobbies, where as we spend 2.3 hours or 42% of our free time watching television.

Studies have shown that with regular physical activity, we can reduce the risk of premature death, heart disease, obesity, high blood pressure, adult-onset diabetes, osteoporosis, stroke, depression and colon cancer. When doing gardening and yard work you are participating in three types of physical activity – endurance, flexibility and strength activities, which contributes to healthy active lifestyle.

Always remember, as with any form of exercise, it is important to warm up properly and ease into the activity carefully.

- Do some arm, back, neck and leg stretches before you begin your gardening session.
- Take stretching breaks throughout the time you spend in the garden.
- Don't hold any one position for too long – move around and shake out those muscles.
- Don't strain yourself by lifting heavy objects – wait for help.
- Remember to bend from your knees and keep your back straight.
- It is easy to get caught up in your gardening activities and forget that the body needs replenishing, especially on a hot, sunny day. Drink a glass of water before, during and after your stint in the garden.

### FACTS

Studies reveal that gardeners consume most kinds of vegetables more frequently than do non-gardeners.

According to the Canadian Horticultural Therapy Association, "people working at computer in an office with plants were 12% more productive and less stressed than people doing the same job in an office without plants."

Some studies have shown that just looking at trees and plants reduces stress, lowers blood pressure and relieves tension in muscles.

One study concluded that those who are involved in gardening find life more satisfying and feel they have more positive things happening in their lives. Now that's a healthy attitude.... in the garden, as in life!