

GREEN SPACES for a Healthy Life

CHILDREN: Growing Healthy Minds & Bodies



Children who live in green space and play in nature:

- Develop superior motor skills, balance, and coordination.
- Experience less risk of serious mental health problems later in life.
- Sleep longer at night and enjoy better overall health.



ADULTS: Enhancing Productivity & Well-being



Adults who spend time outdoors interacting with nature, including gardening and short walks in the woods:

- Improve the 'thinking' part of their brain including focus, problem solving, memory, planning, and creativity.
- Boost their immunity levels and healthy white blood cells.

SENIORS: Fostering a Long & Healthy Life



Seniors who spend time relaxing, walking, and exercising in outdoor space such as parks and gardens:

- Receive relief and healing from short-term and chronic mental illness including depression, anxiety, and mood disorders.
- Feel more energized, happier, and less stressed than those who exercise indoors.