

**Walk to work on cooler streets breathing in cleaner air because of urban trees.**

Wolf, K. L., &; Robbins, A. (2015). Metro Nature, environmental health, and economic value. Environmental Health Perspectives, 123(5), 390–398. <https://doi.org/10.1289/ehp.1408216>, Fisher, D. R., Svendsen, E. S., &amp; Connolly, J. J. (2015). Urban environmental stewardship and civic engagement. <https://doi.org/10.4324/9781315857589>; Söderström, M., Boldemann, C., Sahlin, U., Mårtensson, F., Raustorp, A., &; Blennow, M. (2012, November 3). The quality of the outdoor environment influences childrens health – a cross‐sectional study of preschools. Acta Paediatrica, 102(1), 83–91. <https://doi.org/10.1111/apa.12047>.

**Work with improved focus and concentration because new office looks out on trees and green space.**

**Benefits of Trees, Green Spaces, & Nature Throughout the Day**

**Stop by your community garden plot and harvest fresh healthy food and talk with friends before you go home.**

**Watch a thunder storm with less fear of flooding due trees and vegetation slowing run-off and erosion.**

**Wake up after a deep and restful sleep having exercised outside the day before.**