

**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.

**CHILDREN: Growing Healthy**

**Minds & Bodies**

**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 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.

**ADULTS: Enhancing**

**Productivity & Well-being**

**SENIORS: Fostering a**

**Long & Healthy Life**

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**GREEN SPACES for a Healthy Life**