

GREEN SPACES

For Improved Physical Health

People live longer when they have access to green spaces. This is especially true in urban communities.

Green spaces in urban areas reduce risk of chronic health conditions including cancer, diabetes, and heart disease.

Passive nature experiences and views result in faster surgical recovery, healing, and higher pain thresholds.

Adults who spend time outdoors including short walks in the woods may boost their immunity levels and healthy white blood cells.

Pregnant women's access to quality green spaces results in higher birth rates.

