Physical Benefits Fact Sheet

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| A person holding two children  Description automatically generated |  | **Trees Green Spaces and Nature** alleviate stress, stabilize blood pressure and address anxiety and depression in addition to many other benefits. **Benefits**   * **People Live Longer.** * **Adults reduce risk of chronic health conditions including cancers and heart disease/** * **Patients have faster Surgical Recovery.** * **Pregnant women have less stress and higher birth rates.** * **Children of all ages engage in more physical exercise.** * **Children playing in nature have better balance, motor skills and coordination.** * **Being outside releases endorphins.** * **Children have reduced exposure to air pollution, excessive noise and higher temperatures** * **Gardens improve quality of life and functions of dementia patients**   **Maple Leaf outline** |

**A group of children in the woods

Description automatically generated**

A green text on a white background

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