

**2 hours/week, 20+ minutes at a time. That's all it takes.**

Research shows that people who spend at least 2 hours in nature each week report significantly better health and wellbeing.<sup>i</sup> Science suggests that the most efficient drop in cortisol (stress hormone) levels happens between 20 to 30 minutes<sup>ii</sup> — hence our 20-minute rule.

**Spending time in nature:**

**Makes your brain bigger. Literally.**

Schoolchildren who spend more time in nature as they grow up increase their brain volume in areas that improve memory and attention.<sup>iii</sup>

**Boosts your attention.**

Kids with ADHD who took a 20-minute walk in a park vs. a city street improved their performance on a math attention test significantly more—rivaling the effects of stimulant medication.<sup>iv</sup>

**Sharpens your memory.**

A study of almost 5,000 children showed that those who lived in neighbourhoods with more green space had better working-memory abilities.<sup>v</sup>

**Improves your grades.**

A study of 101 high schools showed that schools with more trees and plants visible from classroom windows had higher standardized test scores and graduation rates.<sup>vi</sup>

**Makes life better.**

85 per cent of kids with ADHD said that doing outdoor activities in nature made their life “really good.”<sup>vii</sup>

**Make the most of your nature prescription with these simple tips:**

**1. Make easy green tweaks to your routine.**

Avoid adding extra time and effort by substituting outdoor activities for indoor ones.

**2. Write nature into your schedule.**

Prioritize your date with nature by entering it into your day planner.

**3. Phone a friend or family member.**

Involving others increases your chances of meeting your goals.

**4. Respect nature—and yourself.**

Dress for the weather, stay on the trail and pack out what you pack in.

**5. Follow your child's lead.**

Focus on fun and plan green time around your child's interests to grow a lifelong nature habit.

<sup>i</sup> White, M.P. et al. *Sci Rep* 9, 7730 (2019). <sup>ii</sup> Hunter, M.R. et al. *Front Psychol* 10, 722 (2019). <sup>iii</sup> Davdand, P. et al. *Environ Health Perspect* 126, 027012 (2018). <sup>iv</sup> Faber Taylor A., Kuo, F.E. *J Atten Disord* 12, 402 (2009). <sup>v</sup> Flouri, E. et al. *Br J Educ Psychol* 89, 359 (2019).

<sup>vi</sup> Matsuoka, R.H. *Landscape Urban Plan* 97, 273 (2010). <sup>vii</sup> Barfield, P.A., Driessnack, M. *J Spec Pediatr Nurs* 23, e12210 (2018).

