



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.ⁱ Science suggests that the most efficient drop in cortisol (stress hormone) levels happens between 20 to 30 minutesⁱⁱ — hence our 20-minute rule.

Spending time in nature:

Helps you stay active. Children who spend time in nature are more physically active and less sedentary—especially if the green space is more diverse.ⁱⁱⁱ

Keeps you at a healthy weight. Living in a neighbourhood with more nature reduces the risk of childhood obesity.^{iv}

Encourages healthy play. Kids who play in recently greened school grounds play more

cooperatively, communicate better and decrease aggressive behaviour.^v

Hones your motor skills. Children who play in nature compared to a traditional playground develop superior motor skills, balance and coordination.^{vi}

Can be more fun when it's more wild. Kids' favourite play spaces often involve areas with varied topography, unmown grass, weeds and unpruned trees.^{vii}

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.

ⁱ White, M.P. et al. *Sci Rep* 9, 7730 (2019). ⁱⁱ Hunter, M.R. et al. *Front Psychol* 10, 722 (2019). ⁱⁱⁱ Chawla, L. *J Plan Lit* 30, 433 (2015).

^{iv} Pereira, M. et al. *Am J Hum Biol* 31, e23220 (2019). ^v Dymont, J.E. *Gaining ground*. Toronto, Canada: Evergreen (2005).

^{vi} Fjortoft, I. *Child Youth Environ* 14, 21 (2004). ^{vii} Moore, R.C. *Childhood's Domain*. London, UK: Croom Helm (1986).

