

## **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.

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### **Spending time in nature:**

#### **Busts stress.**

Sitting in a forest for just 15 minutes significantly reduces your cortisol levels and heart rate variability—while sitting on a urban street does nothing.<sup>iii</sup>

#### **Makes you feel richer.**

Living in a neighbourhood with 10 more trees per block improves your health perception similar to an increase in your personal income of \$10,000 per year.<sup>iv</sup>

#### **Increases your happiness.**

9 in 10 Canadians say they feel happier when they're more connected to nature.<sup>v</sup>

#### **Gives your brain a rest.**

People who take a walk in green space instead of on a busy street have fewer repetitive, racing thoughts.<sup>vi</sup>

#### **Connects you to others.**

Spending time in neighbourhood green spaces makes you feel more connected to your community and improves social cohesion.<sup>vii</sup>

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### **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. Do what feels right for you.** The health benefits of nature start to add up when you feel like you've had a meaningful nature experience.

<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> Hiromitsu K, et al. *Altern Med* 2015, 671094 (2015). <sup>iv</sup> Kardan, O. et al. *Sci Rep* 5, 11610 (2015). <sup>v</sup> <https://www.ipsos.com/en-ca/nine-ten-87-canadians-say-when-connected-nature-they-feel-happier> <sup>vi</sup> Bratman, G.N. et al. *Proc Natl Acad Sci USA* 112, 8567 (2015). <sup>vii</sup> Bratman, G.N. et al. *Sci Adv* 5, eaax0903 (2019).

