



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:

Keeps pregnant moms active and engaged. Scientists believe that women who frequent neighbourhood green spaces exercise more and feel more connected to their communities.ⁱⁱⁱ

Surrounds you in a healthier environment. Spending time in nature reduces your exposure to air pollution, noise pollution and heat—reducing stress on you and your growing baby.^{iv}

Leads to healthier birth weight. A study of over 2,000 expectant mothers showed that those who live near more green space deliver babies with higher birth weights.^v

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

Gives kids a good night's sleep. Children who attend outdoor daycares with lots of greenery and varied topography sleep longer at night and enjoy better overall health.^{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 Richardson, E.A. *Occup Environ Med* 71, 527 (2014). ^{iv} Ibid. ^v Cusack, L. et al. *Int J Health Geogr* 17, 43 (2018). ^{vi} Fjortoft, I. *Child Youth Environ* 14, 21 (2004). ^{vii} Söderström, M. et al. *Acta Paediatr* 102, 83 (2013).

