



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:

Reduces your risk of chronic respiratory diseases. Studies show that spending more time in green space drops your risk of asthma and mortality from lung disease.ⁱⁱⁱ

Lowers your unhealthy exposure to air pollution. Plants and trees shade and remove ozone, particulate matter and carbon monoxide from the environment, making the air we breathe cooler and cleaner.^{iv}

Protects you against lung infections.

People who live in areas with more trees have a lower risk of illness and death from pneumonia and bronchitis.^v

Boosts your immunoproteins and virus-fighting cells. Adults who take short day trips to the woods boost their levels of immunoproteins and natural killer cells for at least 7 days.^{vi}

Improves inflammation. Research shows that participating in nature activities reduces inflammatory biomarkers like IL-6, which have been linked to asthma.^{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. 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.

ⁱ White, M.P. et al. *Sci Rep* 9, 7730 (2019). ⁱⁱ Hunter, M.R. et al. *Front Psychol* 10, 722 (2019). ⁱⁱⁱ Twohig-Bennett, C., Jones, A. *Environ Res* 166, 628 (2018). ^{iv} Nowak, D.J. et al. *Urban For Urban Green* 4, 115 (2006). ^v Donovan, G.H. et al. *Am J Prev Med* 44, 139 (2013). ^{vi} Li, Q. et al. *J Biol Regul Homeostat Agents* 24, 157 (2010). ^{vii} Ng, K.S.T. et al. *Int J Environ Res Public Health* 15, 1705 (2018).

