



**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:**

**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.<sup>iii</sup>

**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.<sup>iv</sup>

**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.<sup>v</sup>

**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.<sup>vi</sup>

**Improves inflammation.** Research shows that participating in nature activities reduces inflammatory biomarkers like IL-6, which have been linked to asthma.<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. 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> Twohig-Bennett, C., Jones, A. *Environ Res* 166, 628 (2018). <sup>iv</sup> Nowak, D.J. et al. *Urban For Urban Green* 4, 115 (2006). <sup>v</sup> Donovan, G.H. et al. *Am J Prev Med* 44, 139 (2013). <sup>vi</sup> Li, Q. et al. *J Biol Regul Homeostat Agents* 24, 157 (2010). <sup>vii</sup> Ng, K.S.T. et al. *Int J Environ Res Public Health* 15, 1705 (2018).

