



Health Benefits of Gardening



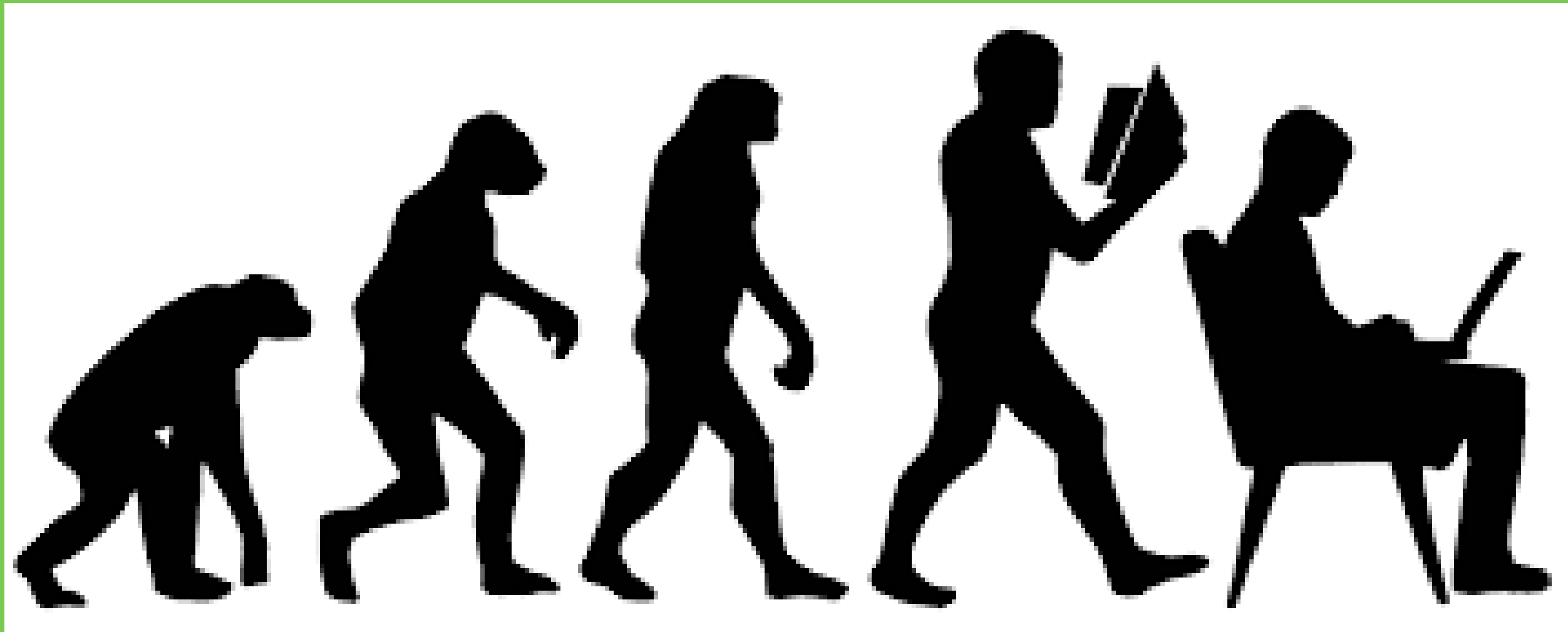
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**College of Agricultural, Consumer
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Blue Zones



Time line

HUMANS AND NATURE



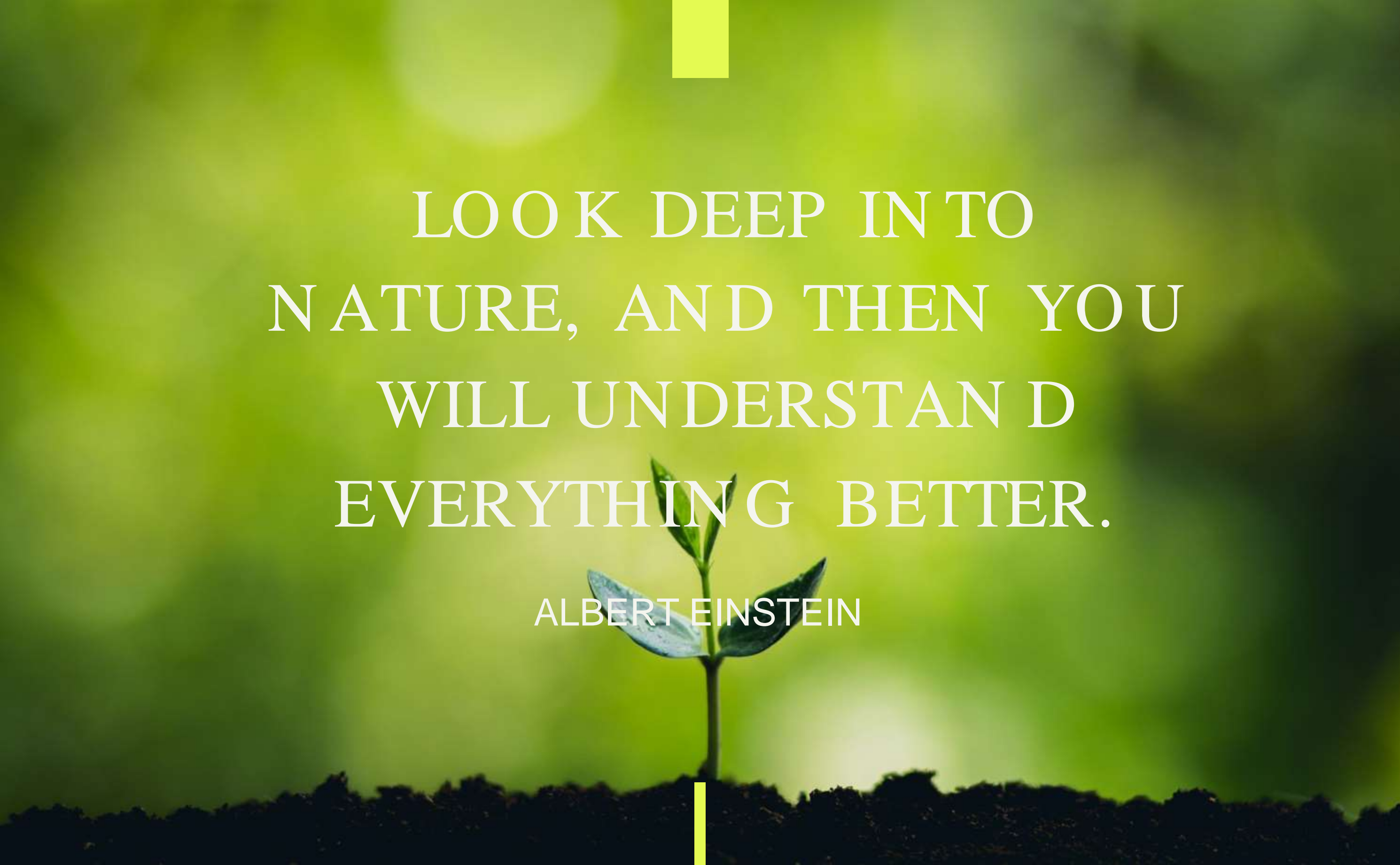
Why do we garden?

EXPRESSION OF HOPE

Gardening is one of most common ways
of interacting with nature.

In the United States, 1 in 3 people
garden.





LOOK DEEP INTO
NATURE, AND THEN YOU
WILL UNDERSTAND
EVERYTHING BETTER.

ALBERT EINSTEIN

Benefits

- PHYSICAL
- MENTAL
- SPIRITUAL
- SOCIAL
- PRACTICAL





○ PHYSICAL

- Weight loss
- Improves dexterity and coordination
- Lowers blood pressure, improves circulation & lowers heart rate
- Improves flexibility by stretching
- Increases stamina and strength
- Source of vitamin D
- Improves immune system, heart health & diabetes
- Healthy eating



M E N T A L

- Improve mood
- Lowers hormone levels
- Lower anxiety
- Decrease depression
- Meditative state which promotes calmness
- Reduce stress
- Sense of achievement
- Constantly learning
- Aromatherapy
- Boosts self esteem



SPIRITUAL

- connected to living things
- cycle of life
- meditation

Horticultural Therapy

Vocational

Therapeutic

Social





S O C I A L

Conne ction or frie nd ship is just a s imp o rta nt a s p hysic al and me nta l influe nces whe n it c ome s to p redic to rs of a ha p p y, he althy a nd long life .



PRACTICAL
CONSIDERATIONS



ENVIRONMENTALLY
FRIENDLY

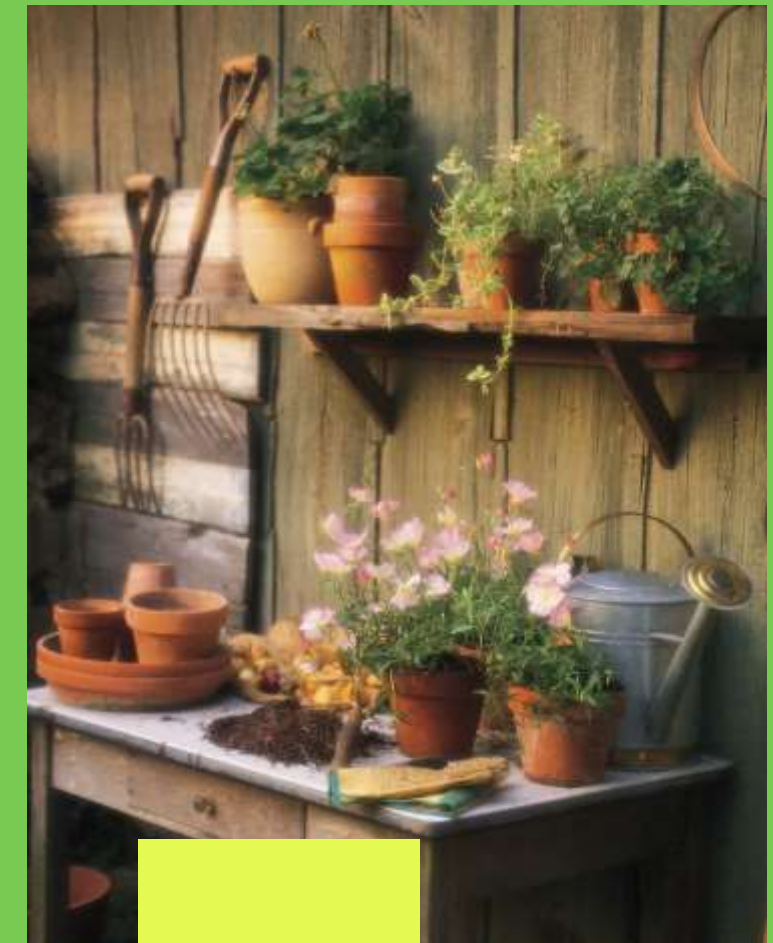
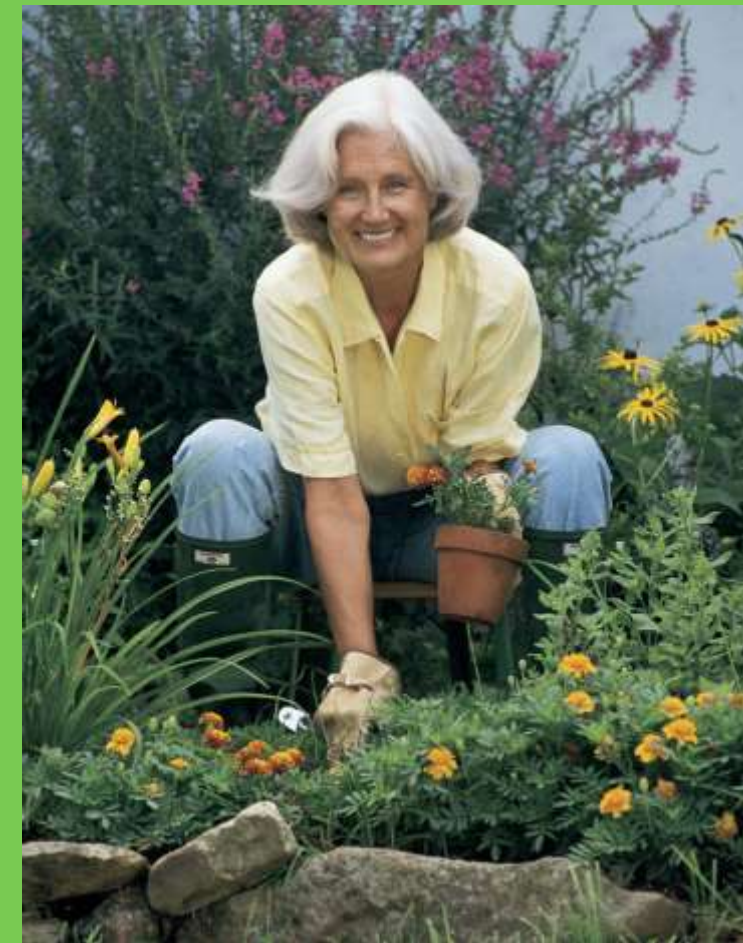
AFFORDABLE

SUSTAINABLE





START GROWING!





TYPES OF GARDENS

CONTAINER GARDENS

Pros – movable, anywhere, beginners, low maintenance

Cons – dry out, limited number of plants.

RAISED BEDS

Pros – same as containers but larger

Cons - dry out, location

VERTICAL GARDENS

Pros – space, maintenance, aesthetics

Cons – moisture, plant choice, expensive

c

TRADITIONAL

Pros – unlimited plant choices

Cons – space, more maintenance

CARING FOR THE GARDEN



LOCATION

Sun, water, accessible for care & watering, protection from pests and animals.



WATERING

how, how much, how often, collecting & conservation, mulch



PLANTS HAVE NEEDS TOO

nutrition, weeding, bugs, deadheading, pruning, staking

GROWING FOOD

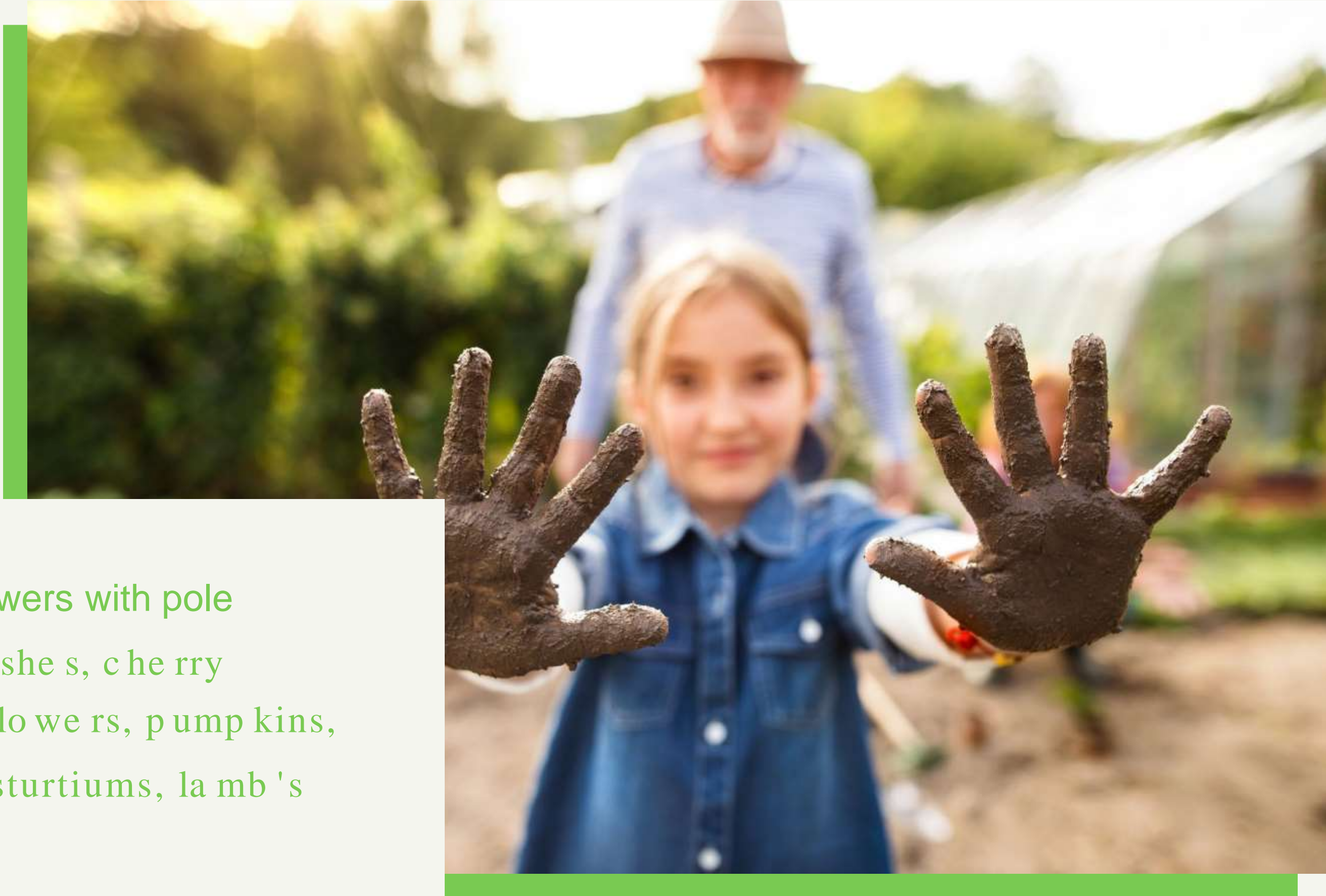


Eat more Veggies &
Fruit

KIDS

Why:
healthy eating,
Science and
stem skills
improves
motor skills
outside
and in nature
calming
teaches
patience & responsibility
something
to do together





What: Sunflowers with pole
beans, radishes, cherry
tomatoes, flowers, pumpkins,
carrots, nasturtiums, lamb's
ears.

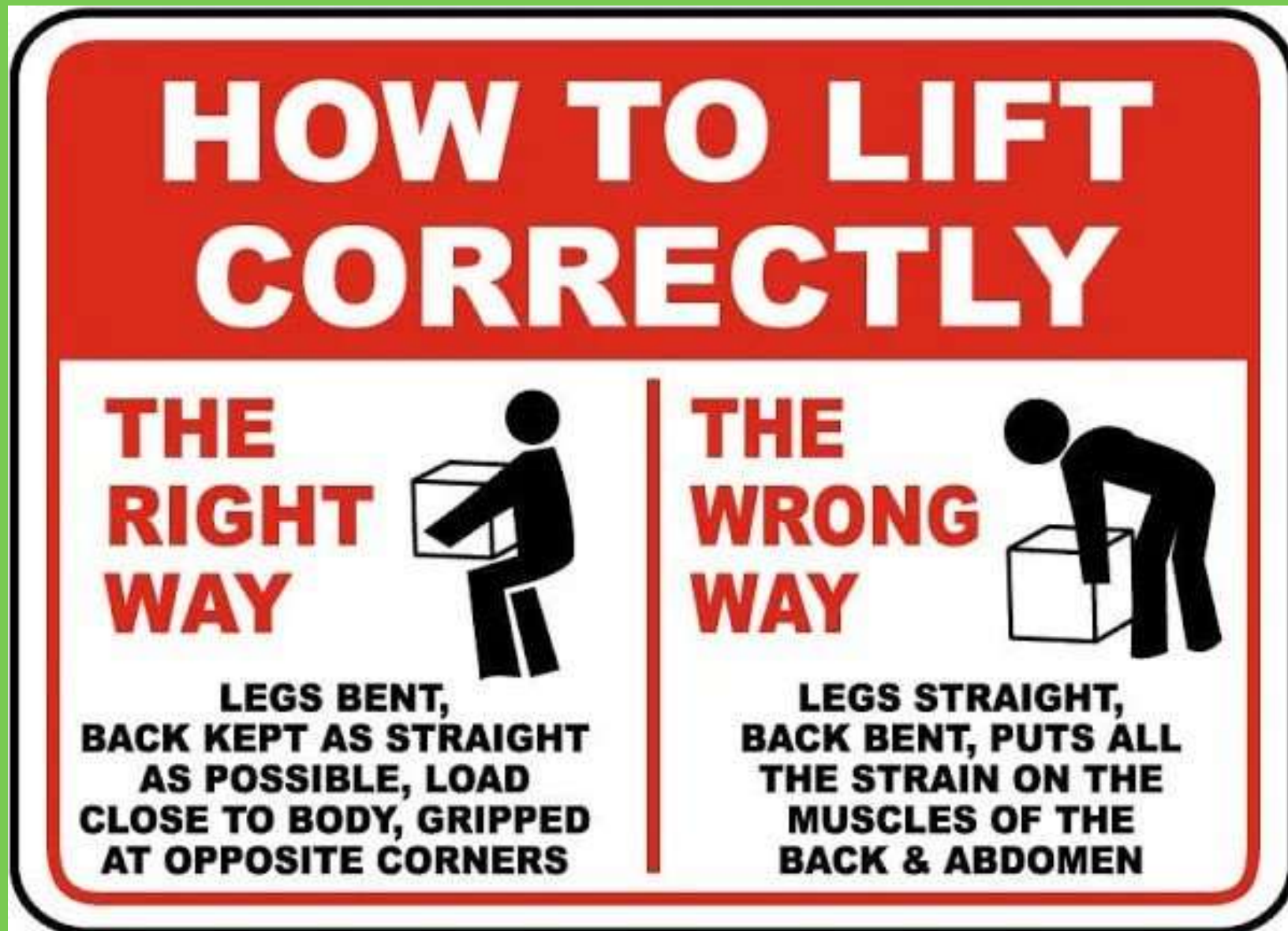


Special Needs

People with special needs
such as mobility issues or
elderly who might have
trouble bending or
kneeling.



Correct Lifting



blog.anytimefitness.co.uk/fitness/avoiding-back-pain-when-gardening

blog.arthritis.org/living-with-arthritis/helpful-garden-tools



Summary

HEALTH BENEFITS, WORKS FOR ALL,
BO UNDL E S S C H O I C E S , Q U A L I T Y O F
L I F E

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Resources

THE WELL GARDENED Mind

By Sue Stuart-Smith

BLUEZONES.COM

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