

# Spend 20-30 minutes a day near a tree.

## Improve mental health and well-being

Trees reduce feelings of anxiety, depression, and stress, which improves your mental health and well-being.

## Strengthen heart health

Spending time outside and around trees can make you want to exercise more. Exercising helps you lose weight and reduces causes of heart disease.

## Boost brain development

- Trees support brain development in children. Playing in and around green spaces helps increase attention span and memory.
- Symptoms of attention-deficit hyperactivity disorder (ADHD) are reduced after spending time outside.

## Breathe easier

Trees improve air quality. Trees remove harmful particles, also known as pollutants, from the air that can bother your lungs and worsen symptoms of respiratory diseases, like COPD.

## Reduce effects of heat and sun

- Trees provide shade which can help you cool off on hot days.
- Trees help block the sun's ultraviolet light (UV) so you are at less risk for skin cancer.

## Deliver a healthier baby

Pregnant women who spend time in green spaces are less stressed. Relaxed moms-to-be have a lower chance of the baby coming early. They also give birth to healthier babies.

## Heal faster from surgery

Spending time outside or seeing green space after surgery can help you heal faster.



## Sources

1. Urban Nature Experiences Reduce Stress in the Context of Daily Life Based on Salivary Biomarkers | Frontiers (frontiersin.org)
2. Using Trees and Vegetation to Reduce Heat Islands | U.S. EPA (epa.org)
3. Forests and Trees for Human Health: Pathways, Impacts, Challenges and Response Options | IUFRO (iufro.org)
4. Urban Trees and Human Health: A Scoping Review | PubMed (pubmed.gov)

Green spaces are good for our health. Consider doing one of the following activities at a park with trees, in your yard, or in your neighborhood:

- ▲ Walk, jog, or run
- ▲ Sit under a tree
- ▲ Picnic, BBQ or grill out with family or friends
- ▲ Play sports
- ▲ Watch birds & nature
- ▲ Create – journal, draw or paint
- ▲ Meditate or pray



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