

TAKE A WALK IN THE WOODS, ITS GOOD FOR YOUR HEALTH

SPENDING TIME IN THE FOREST APPEARS TO INDUCE A STATE OF PHYSIOLOGICAL RELAXATION

Visiting forests for walks, even for as short as 30-90 minutes has been shown to*

- 1). Lower blood pressure.
- 2). Lower levels of compounds that induce inflammation in your body.
- 3). Improve one's disposition by reducing anxiety and depression .
- 4). Improve your immune system.
- 5). Improve short term memory.
- 6). Have a calming effect on children with ADHD (Attention deficit hyperactive disorder).

*For results of studies on forest walks and the affects such activity has on people see:

The View Wellness:" The healing Power of Nature" in Time Magazine, July 25, 2016 by
Alexandra Sifferlin.