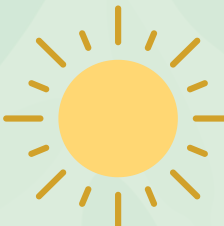


The benefits of being in nature

1. Experts say the **benefits of physical activity outweigh the risks** for people with long-term health conditions.

2. **Physical activity in natural environments is more beneficial** to health than other environments.



4. Increased exposure to green space and nature was **associated with slower cognitive decline, reduced risk of diabetes and obesity** and increased physical activity.

3. For any age, being active in nature is associated with **positive outcomes for mental health, stress, mood disorders and wellbeing.**

5. People who have regular contact with wilder, natural surroundings experienced:

- Improvements to health through **increased physical activity**
- **Reductions in stress and anxiety**
- **Increased positive mood and self-esteem**
- **A healthier social life.**



6. Exposure to forests is associated with **reduced blood pressure and heart rate.**



7. Gardening, when incorporated into therapeutic and mindfulness activities, can **improve mental wellbeing, physical activity and reduce social isolation.**

9. People with high nature connectedness are 1.7 times more likely to report their lives worthwhile.

People who visited nature at least once a week are 1.9 times more likely to report good health.

8. Nature based social prescribing interventions **connect those at greatest risk of health inequalities** to the wider community and in turn foster feelings of social connectedness, and decrease feelings of social isolation; positively impacting happiness and wellbeing.

10. People with cancer and increased exposure to **nature-based activities** had significantly improved aerobic fitness and psychological benefits.

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Find out more at...

Energize Shropshire, Telford & Wrekin: www.energizestw.org.uk/green-social-prescribing

Shropshire Wildlife Trust: www.shropshirewildlifetrust.org.uk/local-greenspaces

The **National Association of Social Prescribing** outlines the benefits:

Nature-based social prescribing activities can positively impact happiness and well-being. This can be by reducing social isolation and developing a connection to nature, particularly in people who may be experiencing health inequalities. Both contact and connection with nature play a role in improving health and well-being outcomes. (11)

Visit: www.socialprescribingacademy.org.uk/

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