

Physical Benefits

Healthy
in nature



How to Use this Information

This information highlights the *physical benefits* people receive when they connect with nature and how being outdoors improves our overall well-being.

▶ Promote the concept!

Use this information to help promote healthy in nature activities, policies and programs in your area.

▶ Spread the news!

- Give this information and research to members of the public, fellow staff members, municipal leaders, community partners and others.
- Incorporate this information in your communication materials such as a recreation newsletter or programming guide or in correspondence with municipal council and community partners.



Know the Information



- ▶ Whether it's spending time in nature, playing outdoors or living in greener, more natural neighbourhoods, being outdoors in nature has a long-term positive impact.
- ▶ Being outdoors:
 - has a positive influence on people's weight ¹¹
 - has a positive impact on people's health ²
 - influences obesity and obesity-related diseases such as Type 2 diabetes, hypertension, asthma and cardiovascular disease ¹
 - helps people to recover faster from illness and injury ²
 - helps people to control their pain better ³
 - enables people to use less pain medication ^{2,3}
 - enhances a person's ability to concentrate ³
- ▶ After being outdoors, people experience lower stress.⁴
- ▶ In residential neighbourhoods and in other places that have more greenery and less graffiti, people are more likely to be active and less likely to be overweight. ⁵
- ▶ People who spend time outdoors regularly increase their resistance to stress and they have stronger immune systems. ⁶
- ▶ When children are encouraged and enabled to play outdoors, they are more likely as adults to spend time outdoors in nature. ^{7,9}
- ▶ Playing outdoors develops gross motor skills in children such as jumping, running and climbing and it develops fine motor skills such as touching, feeling and scooping.¹⁰



FOOTNOTES

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