

Gardening

Join a gardening club, or do it alone. There are so many benefits to gardening, not the least of which is watching your garden grow!

Gardening burns calories.

You can burn about 330 calories doing one hour of light gardening and yard work.

It can lower your blood pressure.

Just 30 minutes of moderate-level physical activity most days of the week can prevent and control high blood pressure.

Being outside is good for your bones!

When your skin is exposed to the sun, it prompts your body to make vitamin D. This vitamin helps your body absorb calcium, a mineral essential for bone formation.

Growing your own food can help you eat healthier.

A garden plot can also promote a better diet by supplying fresh, healthy produce.

Gardening can relieve stress.

Gardening can reduce depression and anxiety. If you're taking time to plant seeds and water and nurture plants, you're setting aside problems for a while. Some hospitals even use planting and flower arranging as a type of rehab for those recovering from injuries, strokes and operations. It's healthy to take a break from life's daily stressors.

Gardening can make you happier!

The act of growing plants can also help boost your mood. One thing is for sure: gardening can provide the creative outlet that many people crave during times of stress.