

# The POWER of GREENERY!

## The Positive Effects of Nature on Your Child

Some of the proven health benefits  
of time spent in nature:



### Psychological

- Positive effect on mental health
- Decreased depression/stress
- Increased self-esteem
- Improved mood
- Increased creativity
- Increased happiness
- Reduced ADHD in children



### Cognitive

- Positive effect on cognitive ability
- Better attention-span
- Reduced mental fatigue
- Improved academic performance
- Improved cognitive function in adults & children
- Improved productivity



## Physiological

- Positive effect on physical health
- Better general health & well-being for adults & children
- Lower stress
- Lower blood pressure
- Reduced mortality from chronic diseases
- Reduced headaches/pain
- Reduced obesity
- Faster recovery from surgery/illness/trauma
- Improved addiction recovery
- Reduced cardiovascular and respiratory disease
- Increased levels of natural killer cells and anti-cancer proteins
- Decreased Type 2 diabetes
- Increased longevity



## Social/Spiritual

- Positive effect on social and spiritual well-being
- Improved social interaction
- Social empowerment
- Reduced aggression, crime rates, violence, fear
- Enhanced spiritual well-being



## Increased Resiliency

- Personal and community ability to withstand impacts and remain healthy
- Pro-environment awareness and behaviour
- Nature supplies services like clean water and air that support health and well-being



## Our Nature Our Health

Imagine a special place that would help lower your risk of heart attack by 50%. Imagine if this place also helped lower your risk of diabetes. Would you visit? Would you take your family with you?

What if that special place also helped reduce the risk of mental health challenges and

- improved sleep
- increased productivity
- lowered stress
- increased self-esteem

When children visit this place, they have better test scores, reduced obesity, increased self-worth, and for children with ADHD, reduced symptoms.

As an added bonus, this place also cleans the water you drink and the air you breathe. It provides homes for wildlife.

Only 9% of Canadian kids aged 5 to 17 get the 60 minutes of heart-pumping activity they need each day. Seventy-six percent (76%) are getting more daily screen time than what is recommended. Childhood obesity is setting the stage for future chronic disease. The current generation of kids may be the first generation in recent memory to have a shorter expected lifespan than their parents.

<http://www.ontarioparks.com/hphp/engage>

<https://www150.statcan.gc.ca/n1/pub/82-003-x/2016009/article/14652-eng.htm>

<https://www.cbc.ca/news/health/nature-health-1.5128482>