

Did you know that **REGULARLY CONNECTING WITH NATURE** is good for your health and wellbeing?

A **NATURE DOSE** – *connecting with and caring for nature* – can improve our health and wellbeing, and support the health of our environment.

Research shows that regular **NATURE DOSING** for 20 minutes a day, around 2 hours a week, can lead to multiple health and wellbeing benefits, including...

- ♥ Increased physical activity
- ♥ Better sleep
- ♥ Pain reduction
- ♥ Reduced anxiety
- ♥ Reduced stress
- ♥ Improved mood
- ♥ Increased energy
- ♥ Good feelings, such as connection, awe and wonder

**EVEN BETTER NEWS,
YOU DON'T NEED A PRESCRIPTION
AND IT'S FREE!**

To find out ways you can build your own **NATURE DOSE**, visit us at www.PeopleandParks.org

The People and Parks Foundation is a national health and nature charity, registered with the ACNC. Our vision is for healthier people, places and planet.



**PEOPLE
& PARKS**
foundation