

#PlantsDoThat

Health: Green exercise improves body & mind for gardeners of all ages

Good EXERCISE

- Digging is a high-intensity physical activity that can help adults meet the CDC recommendation for 75 minutes of vigorous-intensity aerobic activity every week.
- Most other garden activities are moderate-intensity and count toward the CDC recommended weekly 150 minutes of moderate exercise.
- Children ages 11-13 can fulfill the CDC recommended hour of moderate- to vigorous-intensity physical activity through digging, raking, mulching, or hand weeding.

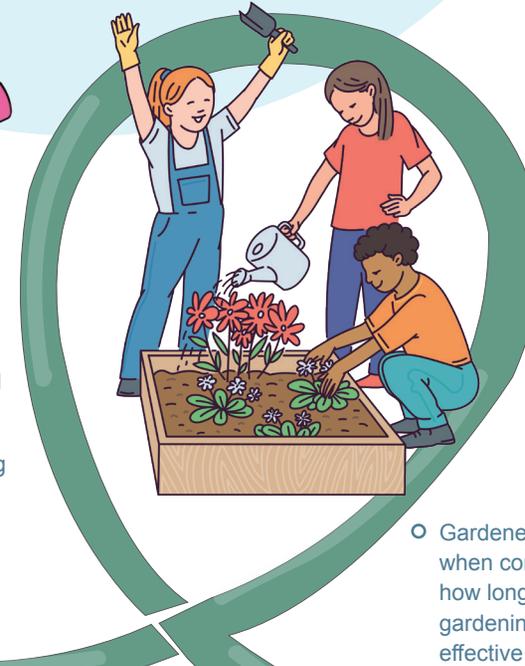


- As little as five minutes of green exercise (including gardening) improved both self-esteem and mood.



Good NUTRITION

- Gardeners tend to eat healthier food.
- Gardeners in Philadelphia reported eating more vegetables and less milk products, sweet foods and drinks.
- School gardens increase fruit and vegetable intake and improve fruit and vegetable knowledge of children involved.
- Household participation in a community garden may improve fruit and vegetable intake among urban adults.
- Gardeners were more likely to consume vegetables when compared with nongardeners, regardless of how long they had been gardening. This may suggest gardening intervention programs late in life would be effective in boosting produce consumption in older adults.

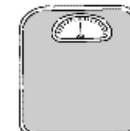


5
MINUTES

making a garden bed is the metabolic equivalent of five minutes repeating a squat, a row, and 15 lateral raises with a 1 kg dumbbell in each hand.

Good HEALTH

- Gardening can help you slim down. A systematic review and meta-analysis indicated that gardening had a positive effect on BMI reduction.
- School gardens also had a small but positive impact on anthropometric measures of participating children.



Good HABITS

- Gardening can change eating habits. Qualitative interviews were conducted with 28 racially diverse members of a gardener support program in Detroit, Michigan. Participants reported increasing their consumption of vegetables, trying new vegetables, and decreasing their processed food and meat consumption.



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Authors

Bauske, E., Bennett, P., Bumgarner, N., Dorn, S., James, T., Kirk-Ballard, H., Smith, K. National Initiative for Consumer Horticulture. Available from <http://consumerhort.org/>.

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Good EXERCISE

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Good MOOD

Barton, J., & Pretty, J. (2010). What is the best dose of nature and green exercise for improving mental health? A multi-study analysis. *Environmental Science & Technology*, 44(10), 3947-3955. Retrieved from <http://proxy-remote.galib.uga.edu/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=lah&AN=20103183317&site=ehost-live>

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Good HABITS

Beavers, A. W., Atkinson, A., & Alaimo, K. (2020). How Gardening and a Gardener Support Program in Detroit Influence Participants' Diet, Food Security, and Food Values. *Journal of Hunger & Environmental Nutrition*, 15(2), 149-169. doi:10.1080/19320248.2019.1587332

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Rochira, A., Tedesco, D., Ubiali, A., Fantini, M. P., & Gori, D. (2020). School Gardening Activities Aimed at Obesity Prevention Improve Body Mass Index and Waist Circumference Parameters in School-Aged Children: A Systematic Review and Meta-Analysis. *Childhood Obesity*, 16(3), 154-173. doi:10.1089/chi.2019.0253

Good NUTRITION

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Credits

Illustrations by sabelskaya and Amy Junod Placentra

More Information

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