

# HEALTH BENEFITS OF GARDENING

With the summer season having just started, it is a great opportunity to start spending some time outdoors. Gardening is a great relaxing activity to take on during this season. When gardening, you are spending time outdoors in nature receiving your daily dose of Vitamin D which boosts your immune system and strengthens your bones. Gardening is not only a great way to spend time outdoors but is also beneficial for our overall health. Here are some of the physical and mental benefits of gardening:



## 1. Physical Activity

When we think of gardening, we may not see it as an exercise, but all the different movements performed work our whole body. The digging, lifting, raking, shoveling, and watering of plants count as physical activities. These activities work your muscles and can improve your strength, flexibility, and balance.

## 2. Healthy Eating

Growing and having your own fruits, vegetables, or herb garden can improve the quality of your diet. It gives you easier access to fresh and nutritious foods that have many minerals and vitamins. Some examples of foods you can grow include spinach, carrots, and tomatoes.

## 3. Mental Well-Being

Gardening can help to improve our mental health as it boosts our energy, improves our self-esteem, and reduces stress. Cultivating a garden can help you feel a sense of accomplishment, boosting your self-esteem. Gardening can reduce stress and feelings of anxiety. While gardening, you are spending time out in nature which helps relax your mind and have you focus on the activity rather than other life stressors. Having a gardening routine is beneficial not only for the plants' health but also a stress-relieving activity for you.



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