

Gardening: Fun and good for health

The great outdoors can be a beautiful place. You can get in touch with nature while also getting exercise. Gardening can be a great way to improve your health. And people of all ages can dig into a garden. Not only is it fun and healthy, but you can enjoy the fruits, vegetables and herbs you grow. A little bit of work will make for lots of healthy returns all year long.



Photos above by Rawpixel, below by Michaelpuche, courtesy iStockphoto

Quick facts on gardening:

1 Just a little bit of gardening can help work up a sweat. Experts recommend getting 2.5 hours of moderate activity each week. Lifting, shoveling and raking all count toward your weekly exercise.



2 Gardening can help reduce the risk of depression. Fresh air and sunshine have a positive effect on mental health.

3 Gardening is an easy way to add more fruits and vegetables to your diet. As a new gardener, you can grow some easy, hearty plants, such as lettuce, kale, collards and herbs. These are easy to grow and are delicious and healthful.



4 Proper tools will help you to enjoy safe gardening. Gloves will protect your hands. If you are in the sun, light, long-sleeved shirts and pants can help. Wear sunscreen, and use mosquito repellent to keep bugs at bay.

5 Kids can learn while in the garden. It's fun and they will form healthy eating habits with vegetables they grow themselves.

>> For more information on gardening, visit www.cdc.gov/family/gardening