

# Gardening

A Workout for the Body & Mind

## BODY

(per 30 minutes of gardening)



### Raking

- Works back muscles
- Burns 100 calories



### Digging/Shoveling

- Works legs/buttocks
- Burns 250 calories



### Weeding

- Works triceps
- Burns 105 calories



### Lawn Mowing

- Works arms/shoulders
- Burns 195 calories

\*Calories burned vary between individuals and are intended as a guideline only.

## MIND

### Relieves Stress

- Reduces levels of cortisol (stress hormone)



### Mood Enhancer

- Gardening releases happy hormones



### Reconnects Us To Nature

- Brings a sense of purpose and understanding



### Better Brain Health

- Protects the brain from ageing
- A study found that regular gardening could reduce the chance of dementia by up to 36 percent



Source: @Simpsons Garden

**ONE HOUR  
OF GARDENING  
EQUALS ABOUT  
35 MINUTES OF  
JOGGING**