

Yards play a vital role in the health of our environment. But did you know that when you take care of your lawn, it takes care of you as well? All managed landscapes, including lawns, gardens and public parks, provide a host of health benefits!

Yard Recharge



Better Health

People who live within a half mile of green space were found to have a lower incidence of 15 diseases — including heart disease, diabetes, asthma, migraines, depression and anxiety.¹



Longer Life

Physicians are now prescribing time outdoors for some patients, according to recent reports.⁷ Living in a greener neighborhood could help you live longer.⁸



Stress Relief

Walking or running in green spaces led to decreased anger, fatigue and feelings of depression.⁶



Healthier Kids

Children in green urban spaces are likely to perform better academically.² And children gain attention and working memory benefits when they are exposed to greenery.³



Breathe Easier

A turf area 50' x 50' produces enough oxygen to meet the daily needs of a family of four.⁴



Greater Happiness

Greening of vacant urban areas reduced feelings of depression by 41.5%.⁵

For more information about the vital role our living landscapes play in the health of our environment, our communities, and our families, visit savelivinglandscapes.com.



¹Source: <http://www.nature.com/articles/srep11610> ²Study: University College London Institute of Education, https://www.childinthe.city.org/2018/09/27/children-in-green-urban-spaces-perform-better-academically/?utm_source=newsletter&utm_medium=email&utm_campaign=Newsletter%20week%202018-40 ³Article: The Washington Post, https://www.washingtonpost.com/news/energy-environment/wp/2015/06/15/why-green-spaces-are-good-for-your-kids-brain/?hpid=hp-local%3Apostshare%3A37514344852824656utm_term=.4651a0c38a1c ⁴Source: The Lawn Institute, <http://www.scienturfcad.com/growing-great-lawns/lawns-and-the-air-that-we-breathe/> ⁵Study: University of Pennsylvania, Rutgers University, Northern Research Station, Forest Service, US Department of Agriculture: <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2688343> ⁶Source: BMC Public Health, <http://www.biomedcentral.com/1471-2458/10/458> ⁷Source: Public Radio International, <https://www.pri.org/stories/2017-12-30/getting-outside-prescription-better-health> ⁸Source: University of New Brunswick, [https://www.thelancet.com/journals/lancpl/article/PIIS2468-2667\(17\)30118-3/fulltext](https://www.thelancet.com/journals/lancpl/article/PIIS2468-2667(17)30118-3/fulltext)



Powering good.