

# Health Minute™

## Gardening for mind and body...

The health benefits of gardening are impressive. Gardening uses all the major muscle groups in the human body, increases flexibility, and strengthens joints. Recent research indicates that 30 minutes daily of moderate exercise such as gardening lowers blood pressure and cholesterol levels, helps prevent diabetes and heart disease, and prevents or slows osteoporosis, possibly prolonging your life. Gardening is good for more than your body – your brain benefits from mood-lifting endorphins as you move your muscles and enjoy the fresh air. In addition, the sense of accomplishment you get from working hard and watching something grow keeps your spirits lifted. That's all good news for gardeners.



Gardening Safely	Calories burned in 30 minutes of...
<p>As with any exercise program, beginning gardeners should start slowly and build up endurance</p> <p>If you haven't been exercising at all, see a doctor before starting</p> <p>Start your day in the garden with simple stretches to avoid injury</p> <p>Wear a hat or sunscreen to protect your skin</p> <p>Stay hydrated by drinking plenty of water</p>	<p>Sitting quietly – 40</p> <p>Watering lawn or garden – 61</p> <p>Mowing lawn (riding) – 101</p> <p>Mowing (self-propelled mower)– 182</p> <p>Planting trees – 182</p> <p>Weeding – 182</p> <p>Digging, spading, tilling - 202</p> <p>General gardening – 202</p> <p>Turning compost – 250-300</p> <p>Mowing (push mower) – 243</p>