

HEALTH EFFECTS OF NATURE

- ❖ ENERGY, LUST AND POWER, CLEARER THINKING AND INSPIRATION (THE WORD INSPIRATION ORIGINATES IN THE LATIN WORD FOR INHALATION)
- ❖ BETTER CONDITION – LOWER HEART RATE (=LESS EFFORT AND PROBLEMS WITH HEART AND VESSEL). COMPARE RESTING HEART RATE WHILE IN TOWN AND IN NATURE, NORMAL PULSE ABOUT 70 BEATS PER MINUTE (GUNDE SWAN IS SAID TO HAVE 28 BEATS/MINUTE...)
- ❖ JOINTS, MUSCULA AND SKELETON STRENGTHENED, MOBILITY MAINTAINED
- ❖ EXCESS WEIGHT REDUCED (EVERY 4: E CHILD IS OVERWEIGHT)
- ❖ IMPROVES SLEEP QUALITY
- ❖ FATIGUE, ACHES, DIFFICULTIES CONCENTRATING, ANXIETY AND DEPRESSION ARE COUNTERACTED WHILE BEING IN NATURE
- ❖ RESISTANCE AGAINST INFECTIONS INCREASES
- ❖ STRESS TOLERANCE IS INCREASED
- ❖ A PRESCHOOL STUDY FOUND THAT CHILDREN BEING IN NATURAL ENVIROMENTS HAD BETTER ATTENTION SPAN, MOTOR SKILLS, CREATIVITY AND GREATER RESISTANCE AGAINST ALLERGIES, INFECTIONS AND EASIER RECOVERY AFTER STRESS THAN CHILDREN IN PRESCHOOLS WITH LESS NATURAL SURROUNDINGS
- ❖ SWEDEN IS IN SECOND TO LAST PLACE IN EUROPE IN TERMS OF PHYSICAL ACTIVITY IN SCHOOLS
- ❖ MUSCULOSKELETAL INJURIES INCREASES IN ADOLESCENTS DUE TO WORSENING MAINTENANCE MUSCULA

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- ❖ REVIEWING YOUTHS'S MUSCLE STRENGTH HAS DECREASED BY ABOUT 40% IN TEN YEARS
- ❖ 25% OF THE ADULT POPULATION DOES NOT HAVE THE PHYSIQUE TO COPE WITH THEIR JOB (WORKING ABOVE THEIR PHYSICAL CAPACITY)
- ❖ SCIENTISTS BELIEVE THAT IN ADDITION TO THE FRESH AIR AND EXERCISE, WE NEED DAYLIGHT IN THE FORM OF ABOUT 10,000 LUX/DAY - ABOUT 30 MINUTES OUT IN THE SUN - TO FEEL GOOD. (LUX =INTENSITY OF LIGHT)
 - A SUNNY SUMMER DAY =ABOUT 100,000 LUX
 - A CLOUDY WINTER DAY = ABOUT 1,500 LUX
 - INDOORS IN WELL-LIT ROOMS = CA 500 LUX
- ❖ REGULAR PHYSICAL RECREATION SEEMS TO REDUCE MORTALITY BY BETWEEN 25-33% AND THE RISK OF STROKE AND CARDIOVASCULAR DISEASE IS HALVED, DEMENTIA IS COUNTERACTED AND THE POSSIBILITY OF AN INDEPENDENT LIFE AS AN ELDERLY IS EXTENDED BY 8-10 YEARS

– WHAT, THEN, IS REGULAR PHYSICAL RECREATION? WELL, IT CAN BE ENOUGH WITH ABOUT 30 MINUTES WALK IN A GREEN AREA LIKE THIS TO GET A GOOD PREREQUISITE FOR PHYSICAL AND MENTAL WELL-BEING, HOWEVER, IT IS UNFORTUNATELY NOT ENOUGH TO TRY TO MAKE UP MISSED TIME IN WEEKENDS. IT HAS ABOUT THE SAME EFFECT ON HEALTH AS IT HAS ON THE TEETH TO SAVE ALL OF THE WEEK ALL OF THE BRUSHES FOR THE WEEKEND ...

PS: THE HEALTH EFFECT INCREASES BY 30–70% WHEN YOU ARE AWARE OF THE SCIENTIFICALLY ACCEPTED RELATIONSHIP BETWEEN HEALTH AND NATURE (PLACEBO).

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