

Benefits of Gardening

GET UP & GARDEN

We all know gardening is beneficial, but why?



Gardening relieves stress and depression. Regular hours spent in the garden will work out the muscles in your body and will also give you a healthy cardiovascular buzz while the calories slowly melt away.



Vary your garden workout by spending about 15 minutes on different actions like pruning, raking, mowing, and digging - this will work on different muscles.

Do some stretching and releasing exercises before moving on to the next action. This way, everything which needs to be done in the garden will be done, and you will become trim and fit!



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