

Green and blue space walking

Leisure visits to woodlands are made for a variety of reasons, from quiet contemplation to noisy, adventurous activities.

Moderate but sustained physical exercise can provide many health and wellbeing benefits, as well as psychological wellbeing.

There is growing evidence that horticulture is important on a human level.

Plants lower blood pressure, reduce muscle tension related to stress, improve attention and reduce feelings of fear and anger or aggression.

Green and Blue Spaces are restorative, uplifting, and healing for both physical and mental health conditions, providing privacy and tranquillity enabling stress reduction.

Urban **green space**, such as parks, playgrounds, and residential greenery, **can** promote mental and physical **health** and reduce morbidity and mortality in urban residents by providing psychological relaxation and stress alleviation, social activity and physical activity.

Research found that people living near **blue spaces** report higher levels of physical activity, and that interaction with **blue spaces** can have a positive effect on mental health – particularly in terms of stress reduction and perceived wellbeing.

Source OneLife Suffolk