



5 WAYS

TO GET FIT WHILE GARDENING

Gardening is a great way to incorporate physical activity within the day. Not only is it a fun outdoor activity, gardening can build muscles, maintain a healthy weight, and even reduce stress. Working in the garden for just 30 minutes a day can also reduce the risk of chronic illnesses and even save on food cost. Here are five ways to help you garden for physical activity and overall good health.



Plan your gardening tasks to emphasize physical activity, such as digging with shovels, squatting to lift bags or pots, and raking or hoeing.



Stretch before and after working in the garden.



Warm-up with a brisk 5 to 10-minute walk.



Alternate activities every 10 to 15 minutes.



Drink plenty of water for good hydration before, after, and during gardening activities.

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