



Did you know that...

Finns live on average about 700 meters from the nearest forest and as many as half live within 200 meters of one

Where is your nearest forest located?

5 steps into nature



Make nature part of your daily routine:

For example, try to always have your coffee break outside



Slow down and observe:

Feel the breeze and listen to the birds singing



Enjoy nearby nature:

Nature experiences are often closer than you think



Directions to nature:

Head out to your nearest exterior door



Bring nature indoors:

Add more greenery to your home or make use of virtual nature

"Wellbeing is built one small step at a time – begin your journey with a step in nature"



Wellbeing close to you

hyvinvointiopastaja.varha.fi/en



Discover nature sites and trails

luontoon.fi/en



Find nearby outdoor recreation sites

lipas.fi



Learn more about the health benefits of nature terveyskirjasto.fi/dlk01347



Varha – Promotion of health and wellbeing varha.fi/hyte

For more information, contact your local health centre or municipality's physical activity counselling service

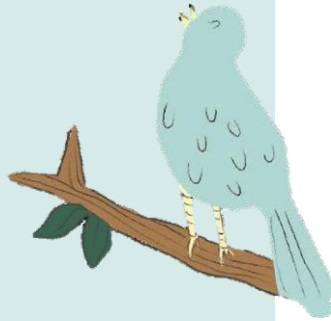
varha
Wellbeing from nature



SITRA

* Some of the pages are only available in Finnish.

Nature supports your health and wellbeing in many ways



Spending time and being physically active in nature...

- Promotes mental wellbeing
- Calms and refreshes
- Reduces stress
- Lowers blood pressure and heart rate
- Supports physical activity
- Strengthens the immune system
- Reduces risk of cardiovascular diseases and type 2 diabetes

Set a goal to spend time or be active in nature...

- ☐ for a short time every day
- ☐ 10 minutes a day
- ☐ 20 minutes a day
- ☐ 40 minutes a day
- ☐ 60 minutes a day

Nature means to me...

Nature gives you space to be yourself – take the opportunity today!

- Count the birds from your window
- Watch clouds, what shapes can you spot?
- Gaze at the sparkling night sky
- Look for earthworms on a rainy day
- Follow the flight of a bumblebee
- Find the biggest tree you can
- Watch a leaf float downstream
- Help a neighbour with yardwork
- Find your favourite spot in nature
- Walk barefoot on the grass
- Try nature photography
- Do a relaxation exercise in nature
- Make art from natural materials
- Visit a national park

**Or let your imagination run free:
In nature, you can spend time or be active
whatever way feels best for you!**

*"Just 10 to 20 minutes
in nature every day
can make us happier
and healthier"*

