

THE GREAT OUTDOOR GYM



Did you know that **gardening** can be a **great way to exercise**? Activities such as planting, weeding, and digging can **increase muscle strength and flexibility**. And for those looking to **lose weight**, or even just maintain their weight, gardening can help. The average calories burned in just 30 minutes:

Activity	Calories burned
Watering	61
Planting	162
Weeding	182
Digging	202
Laying sod	202

You can even break up the exercise minutes into short 8-10 minute bursts and still reap the benefits. As long as the *total* minutes of exercise adds up to 30 minutes/day, it can benefit your health. Getting 30 minutes of moderate exercise each day can lower blood pressure and cholesterol, and can help **prevent heart disease, diabetes, and osteoporosis**. And eating the nutritious foods grown in your garden will you double the benefits you get from gardening!



REMEMBER to always stretch first to prevent stiff muscles or injury!

Information for this handout was obtained on 9/8/02 at: <http://doityourself.com/garden/gardenexercise.htm>



This material was produced by the California Department of Public Health's *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 1-530-225-5767. For important nutrition information visit www.cachampionsforchange.net.

