

Nature supports health and wellbeing



Nature is a drug-free, easily accessible and scientifically proven way to promote wellbeing and health. Regularly spending time in nature supports mental health, physical health, resistance and functioning.

Nature's prescription

Choose 3–5 things, you intend to carry out over the next three months to improve your own wellbeing. Look at the next page for further information.



It is easy to start with these:

- ☐ Find the nearest nature or forest trail near your home and go for a walk there
- ☐ Walk part of the way through the park or forest when you go to run errands
- ☐ Explore parks or outdoor exercise areas in your neighbourhood
- ☐ Touch the ground, moss, stones and pinecones without harming the nature
- ☐ Enjoy a snack or a coffee outside or on the balcony whilst listening to the sounds of nature
- ☐ Go outside all year round and observe the changing seasons
- ☐ Go swimming on the beach or in an ice hole

Use obstacle free and easily accessible nature sites

- ☐ Ollilanlampi nature trail (Kerava)
- ☐ Keimola's Isosuo nature reserve (Vantaa)
- ☐ Kuusijärvi accessible campfire site (Vantaa)
- ☐ Soltorp childrens nature trail (Vantaa)

Go hiking and explore new places

- ☐ Collect berries, mushrooms, wild herbs or flowers you know
- ☐ Try geo caching, identifying birds or orienteering
- ☐ Sleep the night in a tent och on the balcony
- ☐ Explore nature trails and excursion destinations in the area

Visit some of these nature sites:

- ☐ Haukkavuori nature reserve (Kerava)
- ☐ Sipoonkorpi national park (Vantaa, Helsinki, Sipoo)
- ☐ Tammisto nature reserve (Vantaa)
- ☐ Matkoissuo-Harminkallio nature reserve (Kerava, Tuusula)
- ☐ Petikko recreational area (Vantaa)
- ☐ Soltorp nature reserve (Vantaa)
- ☐ Kolmen koivun nature trail, Vehkalanmäki

Participate and do something for nature

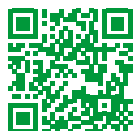
- ☐ Participate on guided nature trip
- ☐ Participate in cleaning or invasive species removal events
- ☐ Add biodiversity in the garden or the balcony
- ☐ Record your nature observations or collect litter

Explore nature sites and nature services in the area

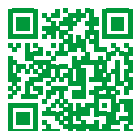
In Vantaa and Kerava event calendars is a wide range of nature- and environment-related activities, such as guided trips, voluntary work, outdoor activities and community events.

There are both guided local nature experiences as active participation in for example combat of invasive species and environmental management. Most of the events are free of charge and suitable for people of all ages.

Nature events in **Vantaa**
event calendar:
tapahtumat.vantaa.fi/en



Nature events in **Kerava**
event calendar:
tapahtumat.kerava.fi/en-fi



In **Kerava** you can go outdoors in the nearby nature and urban area. You can walk on nature trails, go skiing, go skating and cycling, throw frisbee, visit nature and cultural trail controls, and spend time with the children in playgrounds. Read more: kerava.fi/ulkoilu

Vantaas extensive nature areas are the perfect place to get out and exercise! Go on a cycling trip, refresh yourself on beaches, explore the nature nearby on nature paths or participate on guided nature trips or volunteer work. Read more: www.vantaa.fi/en/leisure-and-recreational-activities/fitness-and-outdoor-activities/explore-nature

The Luontoon service brings together all outdoor destinations, routes and services nationwide to one place. Read more: luontoon.fi



Fill this after the nature moment.

I am more energetic



I am free from everyday worries and problems



I am calm and at peace



Nature supports health in all of life's phases

Nature's health effects:

Reduces feelings of loneliness

Relieves stress and reduces the levels of stress hormones

Improves mood and reduces feelings of anxiety

Strengthens resistance

Cools in hot weather

Helps to manage pain

Decreases the risk for chronic diseases

Helps to recover

Lowers blood pressure and heart rate

Improves the quality of sleep



The health benefits of nature are particularly evident when contact with nature is regular and ongoing throughout the different stages of life.

- **For children** the nature offers opportunities to play, explore and mobility. Early contact with nature supports immune system, development of motorial skills, concentration, creativity and emotional wellbeing. Furthermore, it prevents illnesses and allergies.
- **For youth and adults**, the nature offers help to recover from load, decrease stress and prevent illnesses. Spending time in nature supports weight control, metabolic health and maintain the ability to work and function.
- **For elderly** the research has shown that green environment have a positive impact on mental health, quality of life, functional ability and brain health. Nature offer possibilities to light exercise.

Read more about the nature prescription and the nature's health effects on Vantaas and Keravas well-being service's exercise and nature page: www.vakehyva.fi/en/hyte

