

GROWING A GARDEN IS AN ACT OF **beauty**

June 6 is National Gardening Exercise Day!

**Celebrate and learn about the unexpectedly life-altering
and community-building benefits of gardening!**

Garden today and keep the doctor away.

Gardening has numerous health benefits and has been linked to improved mood, reduced stress levels, and enhanced physical well-being.^{1,2} In fact, gardening can:



Reduce depression
and anxiety.



Reduce fatigue
and anger.



Increase sense of community
and social connections.



Provide exercise.



Increase satisfaction
and happiness.



Improve cognitive
function.






Decrease body
mass index (BMI).



Enhance general health
and quality of life.

Gardening is a tool for the community.

Community gardens are essential in fighting food insecurity and promoting a healthy lifestyle. They can:

-  Increase access to healthy food in areas with few grocery stores.³
-  Address the root cause of food insecurity by reducing reliance on external food sources.⁴
-  Combat obesity by promoting regular activity and healthier eating habits.^{4,5}
-  Help the environment by minimizing the environmental footprint of long-distance food transportation.⁴

Grow change around you.

A community garden can be a great way to change the world around you. If you're inspired and curious about starting one in your community, check out the resources below.

Community Garden Toolkit



bit.ly/CGToolKit

How to Grow Your Own Food

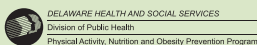


bit.ly/GrowFoodDE

Scan to find
a community garden
near you.



bit.ly/CommunityGardenDE



Advancing Healthy Lifestyles Coalition

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6334070/>

² <https://www.sciencedirect.com/science/article/pii/S2211335516301401>

³ https://www.cdc.gov/pcd/issues/2019/19_0117.htm

⁴ <https://www.community-gardening.org/how-can-community-gardens-help-with-food-insecurity/>

⁵ <https://sustain.auburn.edu/community-gardens-an-important-tool-for-eliminating-food-insecurity/>