

THE GREEN TIMES

No. 12

Chicago, Friday, January 2, 2016

\$0.50

WALK IN THE PARK, SAVE YOUR LIFE



Billy Goat's Gruff Bridge, Central Park, New York. Source: no attribution required.

A new study published in the New York Journal of Medicine shows that a daily walk in the park could significantly increase your life span.

Not only will it have a major impact on your all-around health, but it also boosts life expectancy by 24%, according to the aforementioned source.

Even more so, another recent study in the Medical Efforts Journal shows that as little as 15 minutes a day in

h nature as a major impact on the brain. The results can be even greater if jogging in the park, but walking will suffice for most. Our levels of dopamine experience a 20% increase when coming into contact with plants, grass and trees. Furthermore, we also get a dopamine boost from additional exposure to the sun and fresh air.

Learn more about how walking in the park can impact your life with more facts supported by research on page 5.