

We should all be doing  
'Green Exercise'

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What does  
**nature**  
mean  
to **you?**



# Objectives

- Definitions
- Briefly visit the evidence
- Consider implications
- Share experiences

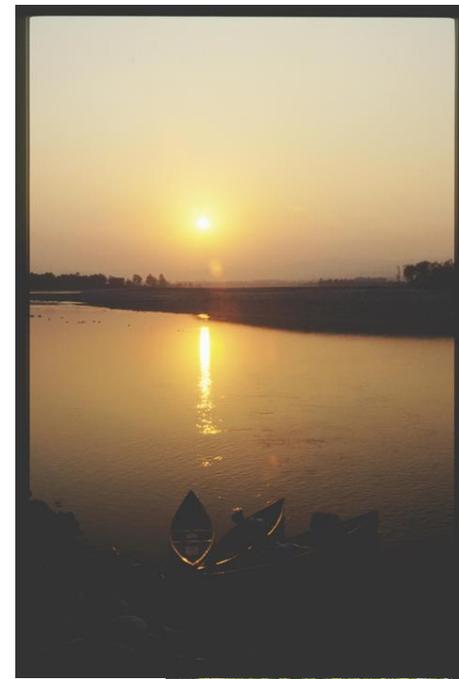
# What is 'green exercise'?

- Viewing, being in and immersion in nature
  - Intentional, such as visiting a neighbourhood garden.
  - Incidental, such as interacting with people while walking to the grocery store or in the park.
  - Indirect, like looking at trees through a window or viewing pictures of nature scenes while moving.
- Across the world funded and prescribed
- Physical activity/movement
- Commonalties
  - Non-competitive
  - Rules/ regulations
  - Performance criteria
  - Constrained environments
  - 'Play'



# What does the evidence show

- Powerful physical and mental health benefits
- Over and above the impact of exercise alone:
- Adherence, motivation, effort (more enjoyable and satisfying) (Gladwell, 2013)
- Mental Health (Brymer et al., 2019,20,21,24)
- Concentration improvements (White et al., 2019)
- Pain and rehabilitation benefits (Geneen et al., 2017)
- Enhances mood, and reductions in stress markers (cortisol) (Anotinelli et al., 2019)
- Physiological measures - blood pressure, Cardiovascular improvements,
- Positive for reductions in Obesity, diabetes and other premature mortality markers across cultures (Astel-Burt et al., 2021; Seo et al., 2019)
- Falls and lifelong mobility (van Andel, Cole, & Pepping, 2021)
- Can be embedded in the health system (social prescribing)



# How does health/ wellbeing come about?

Environment  
approach



Person  
approach





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Person  
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# What principles guide design

- Attention Restoration
- Psycho-evolutionary
- Nature connection/ relatedness
- Biophilia
- Topophilia
- **Ecological Psychology**
  - Affordances
  - Embodied
  - Person-environment relationship

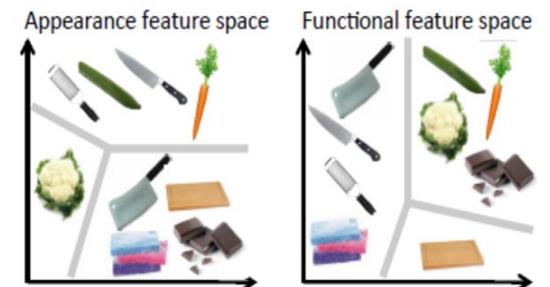


Fig. 1. Object classification based on appearance and affordance.

# What should we do?

- Connect -
- Take Notice –
- Be Active -
- Evaluate
- explore, immerse

Give/ engage -  
Keep Learning -



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## Most health professionals already undertaking social prescribing

Almost 70% of healthcare professionals are 'prescribing' the social running group parkrun to their patients, according to a new survey.



Prescribing social activity events like parkrun is on the rise among GPs.

prescriber

Should Australian GPs be prescribing social running groups for their patients?

Social prescribing: Has the time come for this idea?

Is social prescribing a remedy to chronic health problems?

Parkrun found to benefit health and wellbeing.

NEWSGP WEEKLY POLL

What are appropriate public health measures should COVID cases spike and the healthcare system be placed under further pressure?

<https://www1.racgp.org.au/news/gp/clinical/most-health-professionals-already-undertaking-social-prescribing>