

3-30-300 NATURE RECOMMENDATION

Visit nature
at least

3

times a week

Every moment spent in natural environments offers us a variety of health and well-being benefits. These benefits are based on repeated and regular contact with nature, so seek out natural environments **at least three times a week.**

Aim to spend **at least 30 minutes at a time in nature.** The health benefits of nature begin to accrue after just a few minutes, but they increase and become more diverse as the time spent in nature increases.

Spend at
least

30

minutes at a
time in nature

Aim at spending
a total of

300

minutes in
nature every
week

Aim to **spend a total of 300 minutes in nature each week.** You can do yard work, exercise, relax in a hammock, ride a bike, walk on nature trails, observe the wonders of nature or play yard games. **The most important thing is to spend time in nature – in your own way!**



Local nature – well-being near you



MEIJÄN POLKU
Liikunta, lepo, luonto, yhteisöllisyys



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