



Gardening for Health: The Need to Know Guide to the Health Benefits of Horticulture (Paperback)

By Angela Youngman

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Whether you re an experienced gardener or an enthusiastic novice, Angela Youngman s fascinating guide details the extraordinary physical and mental health benefits that can stem from spending time in your garden. Evidencing research that has shown how gardening can help us all to live healthier and happier lives, this insightful book - published by Central YMCA Guides, part of the UK s leading activity for health charity - explains how to make the most of your garden and explores the important safety considerations, exercises and precautions that need to be taken to ensure that you get the most from your outdoor space, without straining a muscle, breaking your back or damaging your knees. With simple to follow warm-up exercises, top tips and step-by-step instructions to help gardeners of all ages to maximise the health benefits of horticultural activity, this is a must read guide for anyone who is keen to mow, dig, prune, cut, plant, strim or water their way to a dream garden and to a healthier, happier lifestyle.



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