

Why Gardening Is Good for the Body and the Brain

Gardening provides healthy nutrition and improves mental health



As Audrey Hepburn beautifully said, “To plant a garden is to believe in tomorrow.” Not everybody knows that she was not only a brilliant actress, but also an avid gardener. Gardening is food for the body, mind, and spirit—and also very good brain exercise.

Many health professionals believe that food is our medicine. Any form of gardening is good for your health. You’re eating fresh produce full of great natural nutrients, not like produce that’s been traveling long distances and has been in grocery stores for who knows how long, since nowadays, there are many different ways to preserve produce.

Every day you can make a fresh salad from different combinations of fresh greens and vegetables by picking a few leaves from different plants. You are not wasting any food, because you only pick as much as you need for your meal.

Eating such a wonderful fresh meal is an experience not only for your body but also for your mind and spirit. Its fresh smell will speak to your mind and make you feel better, not only physically but also emotionally. When you bring a feeling of pleasure to your mind, your spirit should brighten.

When you garden, you get your daily dose of exercise which is good for overall health and especially the prevention of cardiovascular

disease. Gardening can be considered an aerobic and muscular exercise. It usually requires a lot of movement.

It also restores dexterity and strengths. Digging, weeding, and raking are calorie-intensive activities. Also, you are outside, breathing the fresh air and not exposing yourself to all kinds of indoor pollutants.

Gardening is a great brain exercise. It helps improve and/or preserve your cognitive functions. It requires a lot of planning and organizing, and you can see the results of your work. There are many decisions you'll need to make at the beginning of and throughout the growing season. You'll have to solve problems all the time, which is a great exercise for your brain.