

GOOD HEALTH GROWS ON TREES

Trees care for your vitality

Trees absorb pollutants so you can breathe clean, fresh air, helping your brain release serotonin to boost your energy and mood.



Trees care for your brain

Children who play in nature are more relaxed and attentive, which improves learning and performance in school.



Trees care for your peace of mind

Exposure to forests decreases mental fatigue by relaxing and restoring your mind as well as providing a sense of security.



Trees care for your little ones

Urban trees are found to promote higher birth weights and support good health in newborn babies.



Trees care for your healing

Viewing trees while recovering from surgery can increase a patient's pain threshold, requiring less pain relievers and shortening recovery time.



Trees care for your heart

Exposure to trees relaxes and restores your mind, lowering your blood pressure and heart rate.



Trees care for you indoors

Wood design elements promote increased productivity, enhanced creativity and improved overall well-being.



Trees care for your immune system

Being in and around nature helps your body's immune system and boosts disease-fighting cells to act faster.



Trees care for your fitness

Green spaces and tree-lined streets encourage walking, outdoor activities and generally healthier lifestyles.



Trees care for your skin

Urban trees throw shade on your exposure to harmful UV rays, reducing your chances of developing skin cancer.



Trees care for your comfort

Shade from a tree's canopy can reduce temperatures by up to 20° F, making it more comfortable to be outdoors.



Trees care for your lungs

Trees help keep our world clean and healthy by filtering particles out of the air we breathe, decreasing the risk of respiratory illnesses.



Trees care for your nutrition

Fruit and nuts from trees contain antioxidants which boost your immune system and provide healthy fats to help decrease bad cholesterol levels.



Urban Forestry
The forest outside your door.

dnr.wi.gov/tiny/3071

