

# GET YOUR DAILY DOSE OF TREES

for a healthy you and me



## TREES HELP REDUCE SKIN CANCER.

- FACT** Shade from trees **reduces** exposure to **UV rays**, the primary cause of skin cancer.
- FACT** In **50% shade**, sunburn protection lasts **2.5 times longer** than when standing in direct sunlight.



## TREES KEEP THE AIR CLEAN.

- FACT** Childhood **asthma** rates are **lower** in urban neighborhoods that have a higher density of trees.
- FACT** In **50 years** one tree provides **\$62,000** worth of air pollution control.



Trees and shrubs can reduce stressful noises by **50%**.



Tree-lined streets **encourage walking**, helping meet **daily exercise requirements**.



## TREES DECREASE MENTAL STRESS.

- FACT** Exposure to forests **decreases mental fatigue** by relaxing and restoring the mind, and lowers blood pressure and heart rate.
- FACT** Kids who play in nature are **more relaxed** and attentive, which **improves learning** and performance in school.



## TREES PROMOTE HEALING.

- FACT** Nature helps patients **refocus their attention** and increases their pain thresholds, leading to **improved coping and healing strategies**.



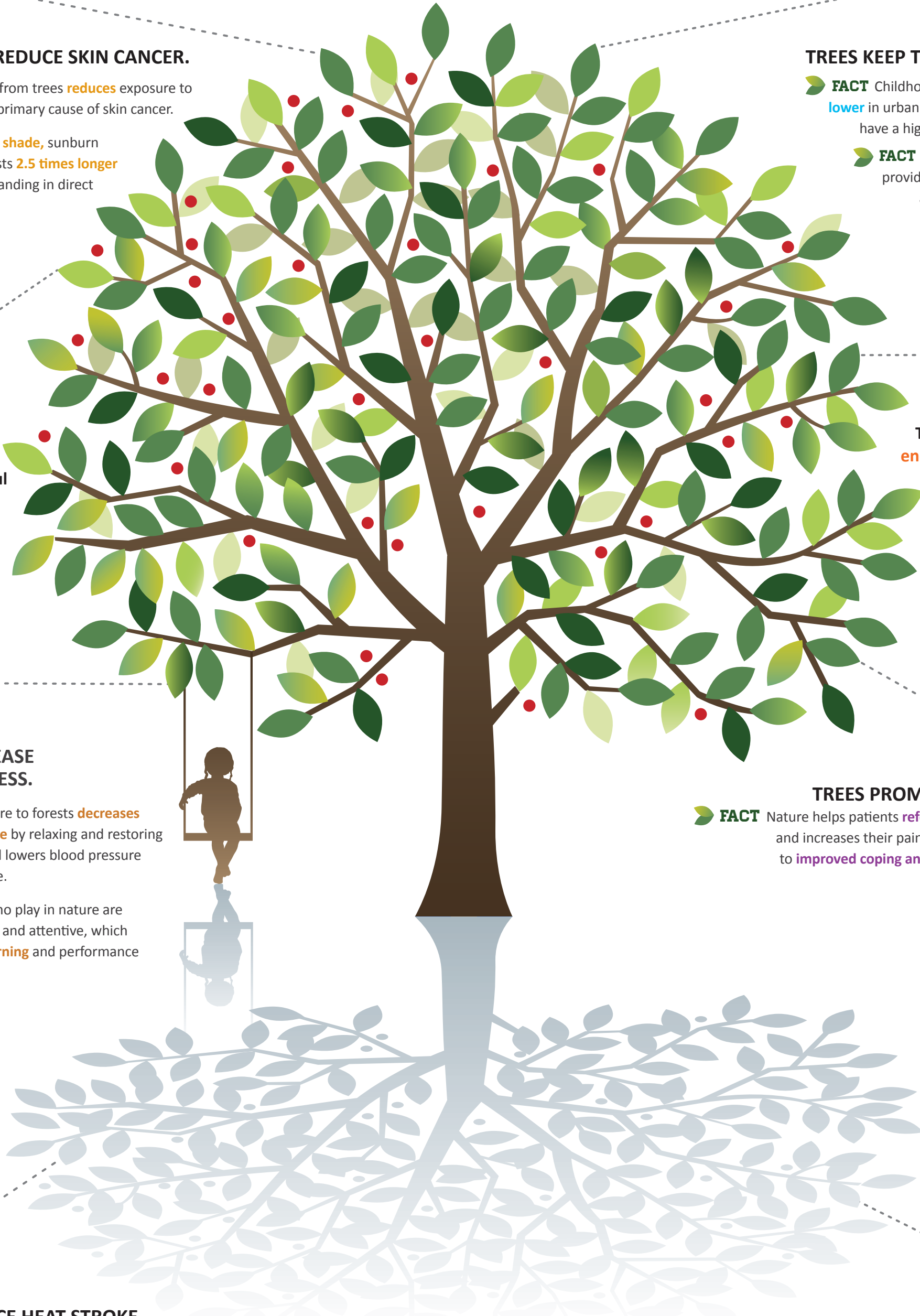
## TREES REDUCE HEAT STROKE AND HEAT EXHAUSTION.

- FACT** A tree's canopy and shade **reduce temperatures** by up to **20°F**.



## FOODS FROM TREES ARE HEALTHY TO EAT.

- FACT** Fruits and nuts are good for the body because they contain **antioxidants** that boost the immune system and **healthy fats** that decrease bad cholesterol.



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