

TIPS TO MAKE GARDENING MORE AEROBIC:

- Use a push mower instead of a riding mower.
- Turn your soil by hand instead of using a rototiller.
- Turn your compost heap regularly.
- Garden at least 30 minutes a day.



SAFE PRACTICES TO GET AND STAY IN GARDENING SHAPE:

- Warm up for 5 minutes before beginning to garden.
- Practice proper posture and stance when using gardening tools.
- Protect hands by wearing gloves and feet by wearing sturdy closed toe shoes.
- Pace yourself; rest when tired.
- Always bend knees when lifting and keep your back straight.
- Don't lift and twist in the same movement.
- Use your wheelbarrow to assist with heavy lifting.
- Ask for help when lifting heavier objects.
- Use knee pads for kneeling.

EXERCISE COMPARISON

Below is a chart with the number of calories burned in **30-minute intervals** while doing some basic garden chores. Other activities are included, so we can see how gardening compares.

<i>Activity</i>	<i>Calories burned in 30 minutes</i>
Weeding a garden	160
Raking leaves	162
Mowing the lawn	162
Walking	150
Cleaning	110
Shopping	135
Yoga	120
Jogging (10 min/mile)	450

If you garden for **30 minutes a day** you can burn an average of **150 calories!!!**



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TIPS FOR HEALTHY GARDENING

PRESENTED BY
TIMBERHILL PHYSICAL THERAPY

Gardening is **good** exercise and a **great** alternative to traditional exercise. Gardening can have **significant health benefits** including:

- ❖ Decreasing the risk of high blood pressure
- ❖ Decreasing risk of diabetes
- ❖ Contributing to healthier bones, muscles, and joints



Few gardeners take the time to **warm up** and **stretch** before gardening. These are important steps to assist in **preventing injury**. The most common injuries in gardening are related to the **back, shoulder,** and **knee**.

EXERCISES *for* HEALTHY GARDENING

Perform each stretch
3 times on each side.
Hold for **30 seconds**.
Never cause pain.

DOUBLE LEG CALF STRETCH

- Place both hands on a wall or tree in front of you
- Step back with both legs, keep heels flat on ground
- You should feel slight stretch behind the knees and in the calves



HAMSTRING STRETCH

- Place one foot on a step in front of you, with toes facing upward
- Lean slightly forward, until you feel a slight resistance in the back of your thigh
- Keep your back straight



STANDING HIP STRETCH

- Hold on to a tree for balance
- Cross one leg over the other, and bend at the knee
- You should feel a stretch through the back of your hip



SQUAT

- Squat down with feet flat and toes pointed out
- Keep knees to outside of shoulders
- You will feel a stretch in lower legs, knees, back, ankles, and groin



BACK/SHOULDER STRETCH

- Grasp railing or tree with both hands and stand with feet shoulder width apart
- Round out your upper back and shoulders, leaning away from post.
- You should feel a slight stretch in the upper back and shoulders



POSTERIOR SHOULDER STRETCH

- Gently pull elbow across chest with opposite hand
- You should feel a gentle stretch in the back of the shoulder



UPPER ARM STRETCH

- Interlace your fingers above head
- Push your arms up and slightly back
- You should feel a stretch in arms, shoulders, and upper back



BACK EXTENSION

- Place feet shoulder width apart
- Put hands on hips, lean back to create a hollow in the low back
- Perform 10 Repetitions, hold 1-2 seconds

