You may have heard that gardening is good for you, and that's true. It's a great activity that provides physical, mental and emotional health benefits.

It's a fun hobby to do alone or in a group. And you can do it anywhere — try it in a yard, grow a few patio plants or even nurture a small window herb garden.

Or maybe a community or volunteer garden is right for you. No matter what you choose, you can have fun and enjoy eating what you grow!

**Top 5 reasons to sink into the soil**
Gardening helps you get close to nature, and it can do so much more. It can:

1. Give you exercise
2. Boost your mood and lower stress
3. Help you connect with others
4. Provide sunshine and vitamin D
5. Lower your risk for dementia

Put these planting perks to the test

Stay grounded
Gardening is a great opportunity to put worries and distractions aside and focus on the here and now. When you garden, try being present in the moment and really connecting with the sights and sounds of nature.

More reasons to love gardening
Researchers looked at how gardening affects depression, anxiety, stress, mood, body mass index and more. The results showed that gardening can improve physical, psychological and social health. And this can lessen and prevent various health issues facing us today.

It’s easy to get started
Find your neighborhood garden
Go to communitygarden.org to locate the closest garden.

Learn more about plants and flowers
Visit bhg.com or garden.org for gardening tips and advice.

Show us your green thumb
Share your best gardening photos on social media using #aetnacares.

“Gardening is an excellent way to get physical activity. Active people are less likely than inactive people to be obese or have high blood pressure, type 2 diabetes, osteoporosis, heart disease, stroke, depression, colon cancer, and premature death.”

— Centers for Disease Control and Prevention


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