

# Benefits of Gardening

Carlos Robles



# What is gardening?

“ The practice of growing plants for their attractive flowers or foliage, and vegetables or fruits for consumption.”

Wikipedia



# Types of gardening

- Residential – around the home or condominium. ie. containers, window boxes, balcony, yard space etc.
- Commercial – around business (usually referred to as landscaping)
- Public and private spaces – parks, botanical gardens etc.





# Benefits of Gardening

- Economic
- Therapeutic
- Spiritual
- Exercise



# Economic Benefits

- Reduced cost for fruits, vegetables, and herbs, and some flowers.



# Therapeutic benefits

- Horticulture therapy – medical art using plants for persons with some health conditions, school, children, nursing homes and prisons.
- Provides a sense of accomplishment and improves self image



# Spiritual Benefits

- The combination of colors, scents, textures, and a gentle breeze and nice temperatures can create a spiritual atmosphere.
- Digging into good soil or handling delicate plants does something to the soul.



# Exercise

- Low impact
- Muscle toning
- Cardiovascular
- Stretching and flexibility
- Lowers blood pressure and cholesterol
- Improving blood flow / circulation

