



### Stress Awareness



## Green Exercise 101

1. Green exercise is any form of play, movement, or exercise that takes place outside<sup>1</sup>
2. Reduces levels of stress and anxiety, blood sugar levels, and blood pressure<sup>1</sup>
3. Just a 20-30 minute walk in nature associated with biggest drop in cortisol (stress hormone) levels<sup>3</sup>
4. 120 minutes (2 hours) a week associated with good health and well-being<sup>2</sup>

Not sure where to get started?

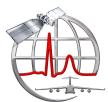
Scan the QR code below to find a park near you!



1. Tired, H. (2017, June 14). Green exercise can improve physical and mental health. Michigan State University Extension. Retrieved March 17, 2023, from [https://www.canr.msu.edu/news/green\\_exercise\\_can\\_improve\\_physical\\_and\\_mental\\_health](https://www.canr.msu.edu/news/green_exercise_can_improve_physical_and_mental_health)

2. A 20-minute nature break relieves stress. (2019, July 1). Harvard Health Publishing. Retrieved March 17, 2023, from <https://www.health.harvard.edu/mind-and-mood/a-20-minute-nature-break-relieves-stress>

3. White, M. P., Alcock, I., Grellier, J., Wheeler, B. W., Hartig, T., Warber, S. L., Bone, A., & Fleming, L. E. (2019). Spending at least 120 minutes a week in nature is associated with good health and wellbeing. *Scientific reports*, 9(1), 1-11.





**HeRO Spotlight:**

**A Personal Message From  
Your Health Promotion Myth Busting Team**



Dear MythBusters,

*I have heard that exercising outdoors has lots of great benefits, especially for stress. I have been really stressed out from work lately, and have been trying to get outside more, but with my work schedule, by the time I get home it's usually too dark. What are some other options if I absolutely can't get outside after work?*

Sincerely,  
Night Owl

Dear Night Owl,

Have you tried fitting in some outside time before or during your work day? If your goal is to get outside more, try carving out some time before or during the workday to get outside, even if that means a quick 10–15-minute walk during your lunch break or a speedy Tabata workout before heading to work. If that's not possible, maybe save outdoor time for your days off. Research shows just 2 hours a week is associated with lower stress and improved health<sup>1</sup>. While being outdoors has its benefits, if your goal is to manage your stress, there are several other ways to do this besides the great outdoors. Exercise, whether indoors or outdoors, is a great stress reliever. Head to the gym after work, try at-home workouts, turn on some music and dance while prepping dinner...your options to get moving after work are endless, just make sure you choose something you enjoy and doesn't feel like yet another task on a to-do list.

Sincerely,  
Health Myth Busters

1.White, M.P, Alcock, I.,Grellier, J., Wheeler, B.W., Hartig, T.,Warber S.L., Bone, A., & Fleming, L.E. (2019). Spending at least 120 minutes a week in nature is associated with good health and wellbeing. Scientific reports, 9(1), 1-11.

Got questions on other health issues related to sleep health, physical activity, tobacco, or nutrition? Share them with us and we will help you. "Bust The Myths!" Send your questions to [usaf.jbsa.afmsa.mbx.hpo@mail.mil](mailto:usaf.jbsa.afmsa.mbx.hpo@mail.mil). Make sure to include in the subject line "Health Myth Buster." For more online health tips visit the Air Force Health Promotion webpage <https://www.airforcemedicine.af.mil/Resources/Health-Promotion/>

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 Air Force Health Promotion HQ

**Community Events**

HERE'S WHAT'S GOING ON WHERE YOU LIVE

Your Local Health Promotion Office



Contact:  
Phone:  
Email:

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
|        |         |           |          |        |
|        |         |           |          |        |