

A person wearing a light-colored shirt and blue pants is pushing a red and black lawn roller on a green lawn. The roller has two large black tires and a red frame. The background is a blurred garden with green plants and a white wheelbarrow.

Give new meaning to “working-out in the yard.”

Sometimes the best place to work out is right outside.

The benefits of physical activity don't always come from treadmills and rowing machines. Gardening and yard work count, too! Gardening is great for stretching and strengthening muscles. Raking leaves and pushing a wheelbarrow are excellent aerobic workouts. And the fresh air may even help relieve a little stress. Staying active for at least 30 minutes a day can do your health a world of good. So get out there and make your neighbors green with envy. Your heart – and your yard – will thank you.

That's time well spent.

Always talk with your doctor before starting a new activity.
Visit bcbsga.com to learn more about healthy lifestyle choices
like nutrition and exercise.



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