



Landscape Your Way to a Healthier You

How Landscaping Can Help You Accomplish All Those Pestering New Year's Resolutions

by Melanie Albright

The New Year tends to bring countless New Year's resolutions, most of which have something to do with improving health. Landscaping can offer more than just aesthetic appeal. In fact, it can help in achieving these new goals as plants extend many physical and mental health benefits to humans.

Simply having a beautifully landscaped yard can improve an individual's physical health for a number of reasons. Plants provide fresh physical surroundings by removing pollutants from the air and purifying it. By separating carbon dioxide, plants increase oxygen levels making the air cleaner around the home, thus improving the health of those who live inside.

Plants also moderate temperature by providing shade and blocking harsh wind, reduce headache inducers like the sun's glare and bothersome noise and obscure unattractive views. All of these benefits make the idea of relaxing outside much more appealing which can improve physical health by soaking up Vitamin D from the sun.

While physical health is important and can be improved by landscaping, it is vital to not overlook the importance of mental health. Stress can severely affect a person in many

ways. A relaxation method is just outside your window.

Gazing out at a yard with nicely-kept landscaping for just five minutes promotes stress relief and reduces negative emotions. Furthermore, studies show that people respond very positively to an outdoor environment abundant in plants, trees and other shrubbery.

The importance of landscaping cannot be overstated. It is evident that a well landscaped environment provides benefits far beyond increasing the value of a property. In respects to health and well-being, it can be beneficial for an individual both physically and mentally. This should be kept in mind as this New Year begins and resolutions and goals are set to improve health. ♦



Tips and Tricks to Optimize Your New Landscaping

1. To protect your new – or existing – pavers from wear and tear, you can have them sealed which will optimize their durability as well as give them a beautiful shine.
2. Cover softer plants with light sheets (not plastic) when a freeze warning has been announced. If you don't get a chance to cover them, be sure not to cut back plants that were damaged in the cold weather too prematurely. The frozen part can actually protect the plant from future freezes, thus, cutting plants back too early can prevent them from surviving the winter.
3. Getting your lawn aerated now can get the root system ready to accept fertilizer for the spring, which is a productive measure taken to ensure the highest quality of a new lawn.



Did You Know?

- Landscape values increase over time as the landscapes fill in and mature.
- Landscaping can reduce air condition costs by providing shade and cooling the area.
- Landscaping can repel and attract animals.

Featured Job:

Before



After



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