

# Grow Your Own

Sun, water and a little time are all it takes to sprout a healthier lifestyle. From warding off dementia to boosting the quality of your diet, growing your own garden offers a surprising array of benefits for your body and mind.

## HERE ARE SOME OF THE REWARDS YOU'LL REAP:



Digging, raking leaves, weeding and other gardening activities count as cardio.



Tending to veggies and other plants may reduce symptoms of depression, anxiety and stress.



Digging in the dirt may help protect against dementia.



Cultivating your own veggies and herbs encourages your family to eat healthier foods.



Being active during the day—including sweating it out in your garden—helps you sleep better at night.

Saving money—growing your own plants costs less than buying them at the store.

