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.

For more health and wellness tips, visit sutteremployer.org.