

Health Forest

What are the health benefits of spending time in a forest?

Nature has many different health benefits. The more you spend time in nature, the more health benefits you gain. Exercising or spending time in nature on a daily basis promotes your overall health.

What is a Health Forest?

Health Forest means taking advantage of nature as a part of preventing and curing different diseases.

Health Forests serve as an arena for guided tours that help the participants to gain health benefits from nature. The guide has the necessary knowledge and skills in order to guide people during the tour.

The participants' own preferences, the type of the forest and size of the area all affect the experience gained in nature.

The planning of Health Forests and their different activities is based on scientific knowledge about forests' wide health benefits.

Health benefits from spending time in nature

Physical shape improves: in nature, exercising is easy and effective.

Feelings of stress decrease while overall mood increases - nature relaxes both the body and mind.

Senses grow stronger and concentration skills recover more quickly in nature.

The body's immune system strengthens, since nature provides microbes supporting the immunity.

Interaction with different people is easier in nature than in interior spaces.



Photos: Maija Lipponen, Luke

Health Forest is meant for everyone

Specific Health Forests can be established in the proximity of hospitals, for instance. A Health Forest is meant for the free use of everyone.

Patients recovering from different illnesses can use the Health Forest independently or together with professionals from social and health services.

Health Forests are also suitable learning environments for day-care centers, schools and other learning institutions.

What kind of nature benefits our health?

Apart from forests, different natural environments such as waterfronts, city parks, gardens and farms can promote health. Nature's sounds, clean air and variety of smells bring about different sensory experiences.

Health promoting organisms are all plants, soil and animals. These increase well-being even in interior spaces.