

Ready Steady

Grow



2020

Gardening is not just about plants and pots. As regular activity, gardening can be good for both mental and physical health. It can:



Lift your self-esteem



Relieve stress and anxiety



Reduce depression and loneliness



Help you to build friendships



Increase your stamina



Improve sleep quality



Reduce the risk of heart disease and obesity



Strengthen your body through exercise



Boost your brain power

