

5 Benefits of Starting a Garden

Starting a garden is a great way to bring nature into your home. Not only can you enjoy the beauty of budding flowers and lush green foliage, but you can also reap the many health benefits that come with having a garden. Here are some of the ways in which starting a garden can improve your overall well-being.

1. Increased Physical Activity

Caring for a garden requires tending to it on a regular basis, which means that you will have to engage in physical activity such as digging, planting, harvesting, and weeding. This can help keep you active and fit even when you don't have time for a traditional exercise routine.

In addition, gardening can be a great way to enjoy outdoor activities with friends and family. Whether it's planting new flowers or harvesting fresh produce, you can get the whole family involved in your garden endeavors. Getting a healthy dose of sunlight can also help boost your mood and reduce stress levels. Gardening gives you the perfect opportunity to get some quality time in the sun, as long as you remember to use sunscreen!

2. Stress Relief

Gardening can help reduce stress levels as it is an activity that encourages mindfulness and being in the present moment. According to a study done by the National Council for Biotechnology Information, [60% of people said they would enjoy partaking in group art therapies](#). Like art therapy, gardening is a creative activity that can help you feel calm and relaxed.

In addition to physical and stress-relieving benefits, gardening also provides mental health benefits. Working in the garden can have a calming effect. It's an opportunity for you to escape from your day-to-day worries and just focus on your beautiful garden.

3. Help Promote Better Mobility

[Only 4% to 5% of personal injury cases go to trial](#), with 95% of personal injury claims settled pre-trial in the United States. If you've recently suffered an injury, gardening can help you regain your mobility and strength. Simple activities like pruning, weeding, and harvesting can improve your balance, range of motion, muscle strength, and flexibility.

If you're having trouble getting strength for mobility, gardening can help you get your strength back. It also encourages physical activity, which is great for those who have been inactive due to injury or illness.

4. Increase Home Value

According to HomeLight, [properties sold by owners sell for roughly 6% less than homes sold by agents](#). However, if you have a lush garden in your backyard, it can boost the value of your home significantly. A well-maintained garden adds curb appeal to any property and can help make your house more attractive to potential buyers.

Furthermore, if you're able to grow some of your own food, it adds even more appeal for buyers seeking a sustainable lifestyle. A garden can be an asset to any homeowner and is an excellent way to increase the value of your home. However, achieving a beautiful and aesthetic garden requires consistent effort in maintenance and upkeep.

You can find tree specialists on websites like <https://www.mmtreecutting.com/>, or choose to do it yourself if

you have the time and expertise. Remember, maintaining a beautiful garden involves regular care, including watering, pruning, weeding, and fertilizing. Investing time and effort into your garden's upkeep can pay off in the long run by enhancing the overall appeal and value of your home.

5. Improve Your Diet

Having a garden allows you to grow your own nutritious vegetables and herbs. This means that you can enjoy fresh produce right from your backyard, without relying on store-bought items that may not be as healthy or organic. By growing your own food, you can also save money on grocery bills since homegrown vegetables are generally cheaper than store-bought produce. In addition, you might be encouraged to cook more from scratch, which can be a great way to improve your overall diet.

Overall, having a garden is a great way to improve your health and well-being. Not only does it provide physical benefits such as increased physical activity, stress relief, and better mobility, but it can also provide mental health benefits. Additionally, having a garden can help increase the value of your home, making it an even more attractive asset for potential buyers. So don't hesitate to start your own garden, you won't regret it!