



GREEN HEART

Gardening is An Effective Method for Weight Loss, Studies Reveal

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Green Hearts Lifestyle, the Niagara Falls, NY based gardening tools manufacturer has highlighted a new study which shows that gardening can help people lose weight as a part of their 2017 awareness campaign on gardening and garden tools.

Gardening has built up a reputation for being a relaxing hobby that is practiced by the older generation, but a study conducted by the University of Utah shows that gardening is a vigorous activity that can lead to weight loss as well.

According to Aad Hermann, CEO at Green Heart Lifestyle, "The results of the study reinforces the fact that gardening is one of the most wholesome and healthy ways to keep your weight in check since it goes beyond your personal well being and impacts the well-being of your community and nature itself. Our advice for weight loss would be to grab a great hand pruner and start getting to work."

The study, which was published in 2013, was carried out on a sample size of 18000 people in the United States to test whether participation in community gardening made any significant changes to a person's

Basal Metabolic Index or BMI. It was revealed that participants of community gardening had a significantly reduced BMI as compared to the BMI of non-practitioners.

The calorie burn provided by gardening supports the claim - a six-month gardening season burns 18,772 calories a year, which is equivalent to running nearly seven marathons during that same time period.

In another study conducted by NetVoucherCodes.co.uk, a group of 100 gardeners was asked to monitor the amount of time they spent doing a series of common gardening tasks over a four week period. The gardening tasks that were monitored included weeding, digging, mowing, hedge trimming, trimming shrubs and trees, pruning, raking, planting shrubs, and using gardening shears. The results showed that on an average, a gardener spends up to 5 hours per week in their garden, easily burning 700 calories in the process.

Clearly, gardening is beneficial when it comes to maintaining one's weight, the company says. To learn more about the other benefits of gardening, visit Green Heart Lifestyle's official website or check out its gardening tool product line at their Amazon storefront.

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Green Heart Lifestyle

Green Heart Lifestyles is dedicated to producing high-quality home & garden product at an affordable price.

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