



GREEN HEART

Green Heart Lifestyle Releases New Information on the Links Between Gardening and Heart Health

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Green Heart Lifestyles, the Niagara Falls, NY based garden tools company, has highlighted new research on the positive impact of gardening on heart health as a part of its 2017 pruning and pruning tools awareness campaign.

A recently concluded Veterans Affairs Medical Centre study has shown that the combination of prescription medicine and gardening significantly lowers the chances of premature death in the elderly as compared to any other combination of cholesterol-lowering drug and moderate exercise.

Says Aad Hermann, Head of Green Heart Lifestyle, "By building products with an ergonomic design that is helpful for all, Green Heart has been dedicated to the cause of making gardening easier for the older population. We're glad that with its added health benefits, more people can be expected to start taking up gardening as a hobby." Another Stockholms study on the connection between heart health in the elderly and gardening has corroborated these claims.

The study showed that regular gardening cuts stroke and heart attack risk by up to 30% for those over 60.

This is due to a combination of the moderate exercise that gardening provides combined with the added exposure to sunlight that significantly increases the Vitamin D levels in the body, an essential nutrient for optimal heart health. A lack of Vitamin D can double the risk of death due to heart disease, so care should be taken to extract both of these things via regular gardening activities.

Senior gardeners can continue to improve their heart health by striving to achieve a weekly target of 2.5 hours of moderate exercise per week, with gardening being done regularly. Starting with half an hour of gardening every other day is a good way to begin and can even help with weight maintenance.

The right tools should be used to reduce discomfort of any kind, such as garden shears with titanium blades that are lightweight, easy to operate and require less pressure to use while not causing any wrist pain. Gardening is now one of the top 5 exercises recommended for heart patients that can not only help them to relieve unwanted stress but also improve their heart health.

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For more information about Green Heart Lifestyle, contact the company here: [Green Heart Lifestyle](mailto:info@greenheartlifestyle.com)
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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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