



Weigh up your wellbeing workout

Description



A cut-out-and-keep [calendar of creative activities](#) has been published in [the latest edition of *Roof 'n' Roots*](#) to boost residents' wellbeing.

Written by gardening charity [Thrive](#), this 'journey of wellbeing' offers a variety of easy-to-do daily activities, spread across a month.

The activities are designed to make you feel good – whatever your age, health or abilities

Suggested tasks range from simply listening to bird song to potting up a plant – from deadheading plants to picking a favourite tree on a local walk.

They are all simple but effective ways to boost your physical and mental health through gardening. And they appear in [the Spring 2024 issue of *Roof 'n' Roots*](#).

The activities are designed to make you feel good – whatever your age, health or abilities. You can do them if you have a garden, patio, balcony or just a windowsill.

Roof 'n' Roots readers will find a mix of practical and passive, indoor and outdoor activities. There's something for everyone's wellbeing and health.

Many of the tasks can be done in less than 15 minutes. Those at the weekend can be given a bit more time.

Residents don't have to do everything. You can use the calendar as a guide to fit around your time and lifestyle.

You can swap days or repeat activities you've found enjoyable. To help residents find a place to start, there are some simple recommendations in *Roof 'n' Roots*.

Residents will find they are ready to enjoy their garden space

The proposals are listed under four sections – plan where you will garden, get the right tools, get your body ready and plan your time.

After this simple preparation, residents will find they are ready to enjoy their garden space.

[Thrive](#) are passionate about the health benefits that gardening, horticulture and spending time in nature can bring.

Their aim is to ensure that people with varying needs have the opportunity to access therapeutic gardening and horticulture programmes, wherever they live.

Category

1. News & reviews

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