

GREEN HEALTH IN AYRSHIRE

What is Green Health and why consider it?

Green Health means improving your health & wellbeing through nature based activities like walking, cycling, outdoor play, environmental conservation, or growing food. There are lots of opportunities in Ayrshire.



5 Ways to Wellbeing



Connect

With nature & other people as an individual or part of a group



Be Active

Join a health walk, community growing or conservation project



Keep Learning

About wildlife, horticulture, greenspaces



Give Back

Put up a bird feeder, grow organic, plant some wildflowers, volunteer outdoors or leave the car behind



Take Notice

Walk, cycle or wheel and take notice of the different seasonal changes to our landscapes



Where do I find out more information on Green Health?



North Ayrshire - visit www.nagreenhealth.org.uk or scan the QR Code

South Ayrshire - download the NHS Ayrshire & Arran app and click on the + sign to add 'Green health'

East Ayrshire - visit www.eastayrshireleisure.com/countryside-outdoor

