GET YOUR DAILY DOSE OF TREES

for a healthy you and me

TREES HELP REDUCE SKIN CANCER.

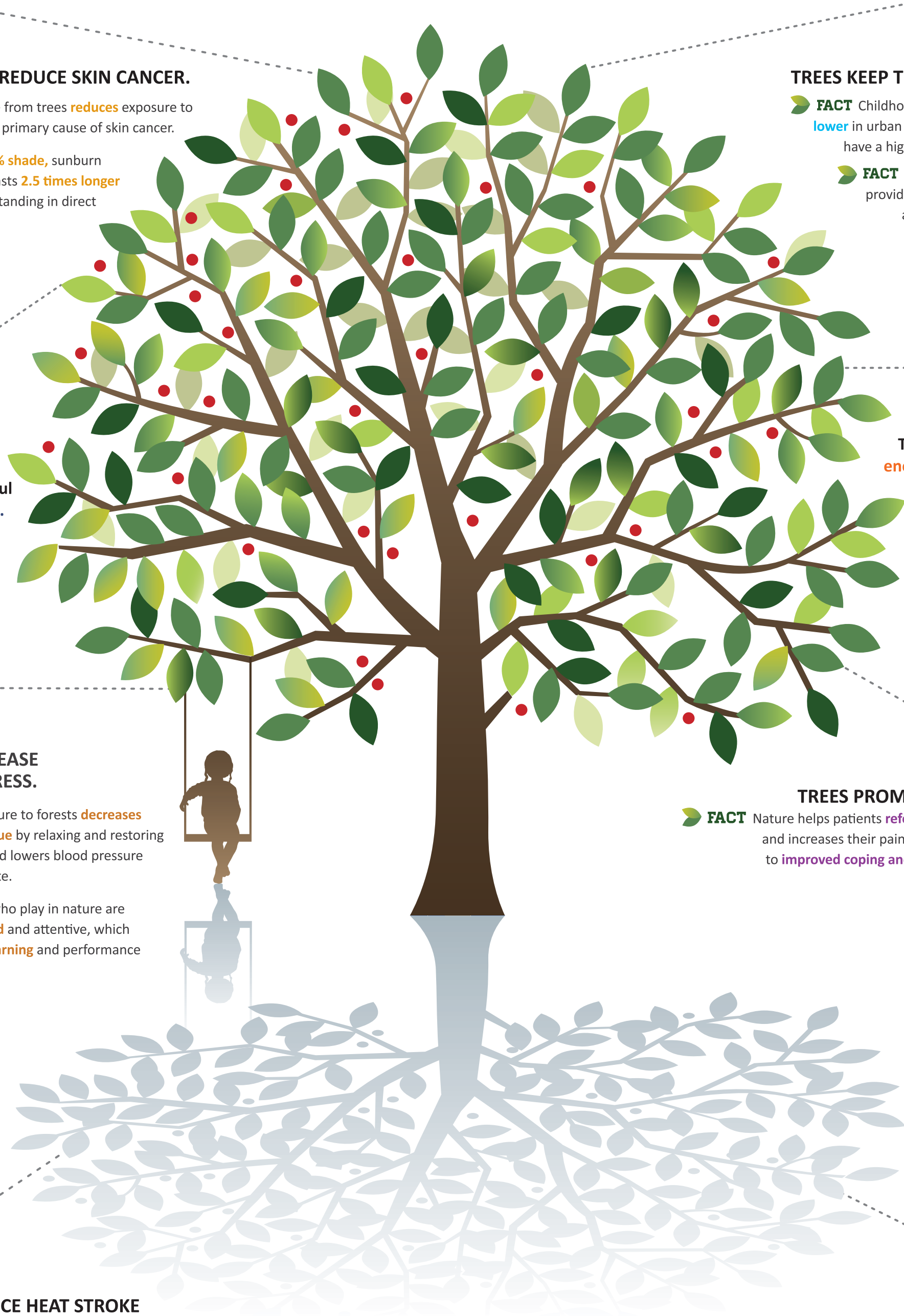
- **FACT** Shade from trees **reduces** exposure to **UV rays,** the primary cause of skin cancer.
- **FACT** In **50% shade,** sunburn protection lasts **2.5 times longer** than when standing in direct sunlight.

TREES KEEP THE AIR CLEAN.

- **FACT** Childhood **asthma** rates are **lower** in urban neighborhoods that have a higher density of trees.
- **FACT** In **50 years** one tree provides **$62,000** worth of air pollution control.

Trees and shrubs can reduce stressful noises by 50%.

Tree-lined streets encourage walking, helping meet daily exercise requirements.



TREES DECREASE MENTAL STRESS.

- **FACT** Exposure to forests **decreases mental fatigue** by relaxing and restoring the mind, and lowers blood pressure and heart rate.
- **FACT** Kids who play in nature are **more relaxed** and attentive, which **improves learning** and performance in school.

TREES PROMOTE HEALING.

- **FACT** Nature helps patients **refocus their attention** and increases their pain thresholds, leading to **improved coping and healing strategies.**

TREES REDUCE HEAT STROKE AND HEAT EXHAUSTION.

- **FACT** A tree's canopy and shade **reduce temperatures** by up to **20°F.**

FOODS FROM TREES ARE HEALTHY TO EAT.

- **FACT** Fruits and nuts are good for the body because they contain **antioxidants** that boost the immune system and **healthy fats** that decrease bad cholesterol.

ARBOR MONTH MAY 2016

mndnr.gov/arbormonth

© 2016 State of Minnesota Department of Natural Resources. An Equal Opportunity Employer.
Funding provided by the USDA Forest Service.

MNDNR

MDH Minnesota Department *of* Health