

Gardening

If you're moving, stretching, and enjoying the outdoors, you're being active.



Gardening is a simple, enjoyable way to stay active while spending time outdoors.

It doesn't feel like traditional exercise, but it keeps your body moving and supports both physical and mental health.

Suitable for everyone

- No special skills or experience needed
- Work at your own pace and ability level
- Can be adapted for different ages and physical abilities
- Ideal for people who prefer unstructured, enjoyable activity





- Being outdoors and connecting with nature is calming
- Fresh air, movement, and sunlight help lift mood
- Gardening provides a break from daily pressures
- Seeing plants grow gives a sense of achievement

- Builds strength – Digging, lifting, planting, and watering help strengthen muscles
- Improves flexibility and mobility – Reaching, bending, and stretching keep joints supple
- Boosts balance and coordination – Moving around uneven ground supports balance
- Supports heart health – Regular gardening can raise your heart rate and improve stamina

Need support or more information?

We are here to help you move safely, confidently, and at a level that feels right for you.

📞 Call: 07746 462456

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📱 Social: @icanlivelife



You are not alone. Support is available.