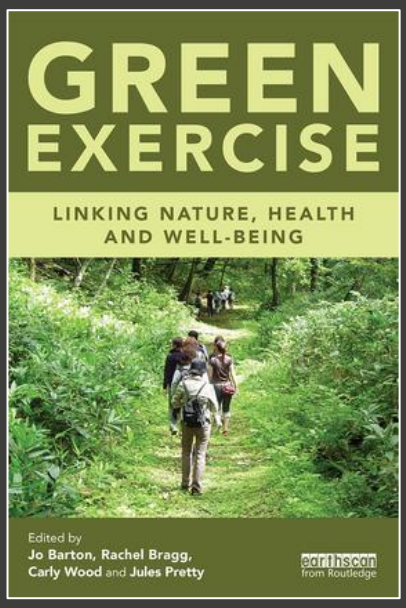

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Table of Contents:

1. The Seven Heresies of Asclepius: Behaviours that Affect Well-being
Jules Pretty and David Pencheon
2. Nature in Buildings and Health Design
Stephen Kellert
3. Green Exercise, Health and a Dose of Nature
Jo Barton, Carly Wood, Jules Pretty and Mike Rogerson
4. How to get more out of the Green Exercise Experience: Insights from Attention Restoration Theory
Jason Duvall and William C. Sullivan
5. Children's Connections to Nature and Green Exercise
Carly Wood, Rachel Bragg and Jules Pretty
6. Learning on the Move: Green Exercise for Children and Young People
Liz O'Brien, Bianca Ambrose-Oji, Sue Waite, Jennie Aronsson and Maria Clark
7. The Benefits of Blue Exercise
Mathew White, Sarah Bell, Lewis Elliott, Rebecca Jenkin, Benedict Wheeler and Michael Depledge
8. Forest Bathing in Japan
Qing Li
9. Healthy Parks, Healthy People: Evidence from Australia
Mardie Townsend and Claire Henderson-Wilson
10. Green Care: Nature-based Interventions for Vulnerable People
Joe Sempik and Rachel Bragg
11. Care Farming and Probation
Helen Elsey, Jenni Murray and Rochelle Gold
12. Green Care Interventions for Youth at Risk
Jo Roberts, Jo Barton and Carly Wood
13. Green Exercise in the Workplace
Valerie Gladwell and Dan Brown
14. Green Exercise and Dementia
Neil Mapes
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Green Exercise

Linking Nature, Health and Well-being

Edited by **Jo Barton, Rachel Bragg, Carly Wood** and **Jules Pretty**

The concept of Green Exercise has now been widely adopted and implies a synergistic health benefit of being active in the presence of nature. This book provides a balanced overview and synthesis text on all aspects of Green Exercise and integrates evidence from many different disciplines including physiology, ecology, psychology, sociology and the environmental sciences, and across a wide range of countries.

It describes the impact of Green Exercise on human health and well-being through all stages of the lifecourse and covers a wide spectrum from cellular processes such as immune function through to facilitating human behavioural change. It demonstrates the value of Green Exercise for activity and education purposes in both schools and the workplace, as well as its therapeutic properties. Green Exercise is an effective intervention for vulnerable groups and promoting healthy ageing, with activities including wilderness therapy, therapeutic horticulture and the use of forests and water. Chapters also integrate cross-cutting key themes which are relevant to all stages of the lifecourse and have significantly contributed to the Green Exercise research base, such as forest bathing and blue exercise.

The book also explores the future of Green Exercise, the way in which research can be used to influence green design and planning and how health, social care and environmental agendas can be integrated to enable Green Exercise to be more widely used as a mechanism for improving health.

About the Editors

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