



THE MANY BENEFITS OF AGRICULTURE

A stay-at-home order doesn't mean that you have to stay inside your home all the time. Even a small backyard garden has many benefits for your mind, your body and your pocketbook. Start planting and feel better!



MENTAL BENEFITS

- Stress relief
- Exercise
- Better brain health
- Improved sleep
- Enhanced mood
- Increase in endorphins



COGNITIVE BENEFITS

- Enhanced cognitive functioning
- Improved Concentration
- Stimulated memory
- Improved goal achievement
- Improved attention capacity
- Gives a sense of purpose



FINANCIAL BENEFITS

- Save on food costs
- Save on healthcare costs
- Increased home value

For more information, contact Crystal Kyle, Ph.D., NC AgrAbility director and NC Agromedicine Institute coordinator, at cakyle@ncat.edu.

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