

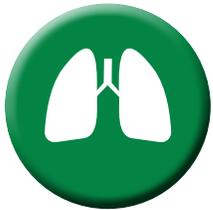
# THE BENEFITS OF TREES!

Trees help keep us and our environment healthy.



## Heart Healthy

Spending time around trees can reduce the stress-related hormones cortisol and adrenaline, and lower blood pressure.



## Cleaner Air

Leaves filter particulates from the air, making green spaces healthier places to exercise. In urban areas, higher street tree density is associated with lower rates of childhood asthma.



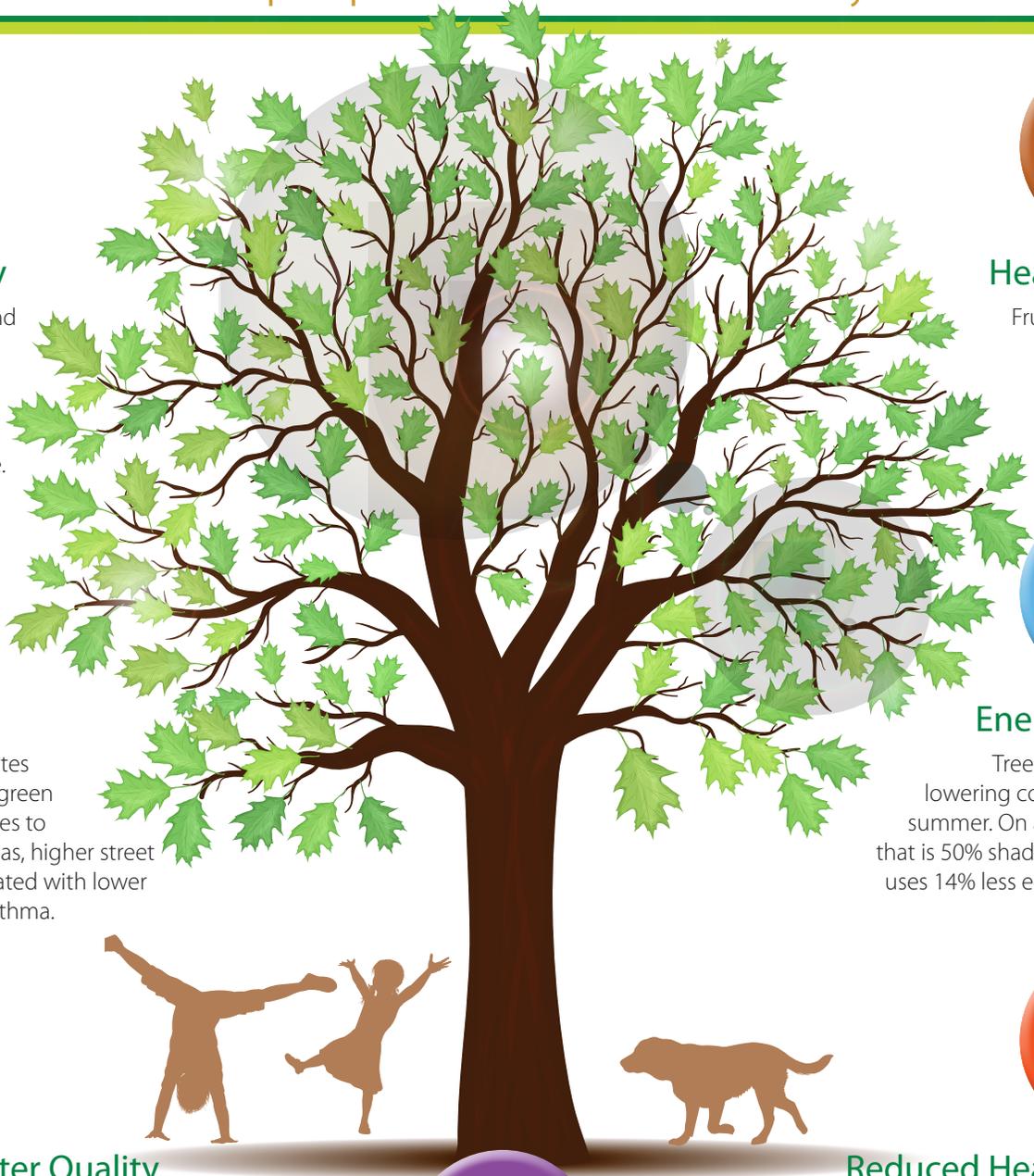
## Improved Water Quality

When it rains, tree roots intercept stormwater and reduce soil and nutrients from washing into local waterways. Just one mature deciduous tree can intercept 500 to 760 gallons of stormwater per year.



## Improved Health

Patients with exposure to trees and gardens have faster recovery times. New mothers who live near denser tree canopy are more likely to have babies of healthy birth weight.



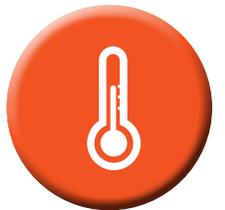
## Healthy Foods

Fruits and nuts from trees have great nutrition to keep you healthy and provide food for wildlife too!



## Energy Savings

Trees shade buildings, lowering cooling costs in the summer. On a hot day, a home that is 50% shaded by dense trees uses 14% less energy than one in full sun.



## Reduced Heat Extremes

Trees help cool down hot city surfaces and lower the risk of heat stroke. In one study, areas with tree cover of 5% or higher had an 80% reduction in heat-related ambulance calls.



## Improved Quality of Life

Trees help create beautiful and pleasant spaces to live, work and play, so staying healthy and happy is easy!



## Local Wood Source

When neighborhood trees need to be removed, their wood can be reused to make furniture, art, and other long-lasting products with special meaning to your community.

