



The Unsung Benefits of Turfgrass

Green spaces encourage exercise and provide
an inviting place for friends and families to
gather outdoors

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Numerous studies indicate that stress reduction and mental restoration are significant benefits associated with living near green areas, having a view of vegetation, and spending time in natural settings.

Walking in a natural environment with plants and trees, even when located in the middle of a city, improve attention and memory while providing a relaxing respite from busy urban life.

Grassy, landscaped areas provide opportunities for kids to play, engage in youth sports and explore outside in today's digitally connected world.

Whether at a park or a backyard, greenscapes provide a place for families to connect with each other outdoors during cookouts and other activities.


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