

Badge



Forest Bath



**Forest bathe
for an hour**

Tools of the trade

One hour, patience, a way to get around

Fun fact about forest bathing

The term forest bathing, also known as Shinrin-yoku, was coined in 1983 by the Japanese Ministry of Agriculture, Forestry and Fisheries. It describes the therapeutic practice of spending time in nature. According to Qi Ling, the major researcher of the effect of forest bathing on the immune system: "If you have time for a vacation, don't go to a city. Go to a natural area. Try to go one weekend a month. Visit a park at least once a week... on urban walks, try to walk under trees, not across fields."

Reward for challenge

Lower blood pressure, lower heart rate and lower cortisol levels, all without a prescription

badge application



FOREST APPLICATION: Spend 10 minutes walking together without speaking. Use all senses to take in the forest. When you notice a partner touching a flower or stopping to listen... match energy. Finish with 10 minutes of verbal debrief. What did you notice? * Bonus: If you have a smart watch, take your BP before and after the 10 mins