

How do you feel about [redacted]? After spending hours indoors, do you often feel like going [redacted] for a walk? Or if you work for hours at your desk, do you feel better when you take a break and visit your local park? Most people think that nature is good for us; it's good for our [redacted] and good for our brains.

[redacted], humans are spending more time inside and less time outside. For example, the number of visitors to Canada's national parks is going down every year. And in countries [redacted] the USA, only 10% of teenagers spend time outside every day. Many doctors feel that this is a problem in the twenty-first [redacted] and that it is making our physical health worse.

As a result, some doctors are studying the [redacted] between nature and [redacted]; one example of this is the work of Dr. Matilda van den Bosch in Sweden. The doctor gave two groups of people a math test. During the test, the [redacted]¹ of people in both groups increased. After the test, one group of people sat in a 3D-virtual-reality room with pictures and sounds of nature for fifteen minutes. Later, their heart rates were slower than the heart rates of people in the other group.

The virtual contact with nature [redacted] these people feel more relaxed. Another good example of how nature [redacted] is good for health comes from Canada. In Toronto, [redacted] studied 31,000 people living in cities. Overall, they found that people who lived near parks were healthier.

Because of studies like these, some countries and cities [redacted] want nature to be part of people's everyday life. In Dubai, for example, there are plans for a new shopping mall with a large garden, so [redacted] can relax outside with trees, plants, and water. In some countries—such as Switzerland—"forest schools" are popular; [redacted] schoolchildren study their [redacted] in the forest and do lots of exercise outside. And South Korea is another good example: It has new forests near its cities, and around 13 [redacted] people visit these forests every year. So after building cities for so long, perhaps it's now time [redacted] to start rebuilding nature.

¹ heart rate (n) /hərt rēt/ the speed at which the heart beats (number of heartbeats per minute)

2 Read the article. Match the topics (a–c) with the paragraphs in the article (1–3).

- a how much time we spend outdoors [redacted]
- b making nature part of city life [redacted]
- c studies by doctors [redacted]

3 Work in pairs. Read the article again. Answer the questions.

- 1 What is the main change in how people spend their time?
- 2 What is happening at national parks in Canada?
- 3 After the math test, where did some people look at pictures of nature?
- 4 What are they going to build in Dubai?
- 5 In South Korea, how many people visit the new forests every year?