

Gardening benefits more than your taste buds

*****SOT*****

Kelly Bogowith, physical therapist at OSF HealthCare in Alton, Illinois

“Using a wheelbarrow, kneeling down to garden, getting back up, carrying bags of soil, shoveling – all of those things are actually great forms of exercise and very enjoyable for many people.” (:12)

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“It can be good just getting up and down. It’s good for our muscles, and improving our leg strength can help with balance, actually. And that transfers to everyday activities.” (:08)

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“We have to watch our body mechanics. For example, not hunching over, working for prolonged periods of time. Sometimes people might do better kneeling or sitting on a garden caddy. Bending over can be hard on the back and the wrists and the neck and that sort of thing. Taking breaks, standing up and stretching, doing different types of activities.” (:22)