

Gardening benefits more than your taste buds

SOT

Clare Spires

OSF HealthCare exercise physiologist

"It's really going to help with flexibility, endurance and balance. There's a lot of up and down, being on your knees and bending over. If you're somebody who struggles in those areas, this is going to be a good spot to start." (:13)

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"Know your limits. What works for you and what doesn't. You can use the rate of perceived exertion. A one level may not be too hard, or you may be totally maxed out at a 10. Try to stay in that four to six range. For example, this is an appropriate weight for me to carry." (:20)