

Gardening benefits more than your taste buds

ANCHOR LEDE

There's still time left to plant a garden this summer. And the benefits go beyond the food you pick.

TAKE VO

Clare Spires, an exercise physiologist at OSF HealthCare, says gardening is a good starter workout that helps with flexibility, endurance and balance. You also get the mental benefits of being outside and around others and a sense of accomplishment.

Like any workout, keep safety in mind.

SOT

Clare Spires

OSF HealthCare exercise physiologist

"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)

VO TAG

Remember, you won't reap a full crop in one day. Take your time and enjoy things.