

# If You're Over 50, Here's Why You Should Start Gardening

Growing a garden is an excellent activity for all ages, but it is especially good for people over the age of 50. Spending time coaxing seedlings to grow or harvesting the results of your hard work can be deeply satisfying. But it is also great for your physical and mental health. Here are a few reasons why, if you're over 50, you should start gardening this spring season.

## Get Some Exercise

Gardening isn't intense exercise, but it does get your body moving. Between weeding, harvesting, and upkeep, you'll get your heart rate up and work your muscles. You get a workout without necessarily realizing it since you're so focused on the task at hand. This makes it a great addition to your daily routine.

As you get older, your body starts to have more problems. While exercise can't solve all of them, it can help you ward off certain problems and improve existing ones. People over the age of 75 have a [70%](#) chance of needing long-term care. Working in your garden might not prevent you from needing help, but it will give you a healthier foundation to work from as you age.

## Enjoy Nature

Time spent in nature can be refreshing, but it doesn't mean you can only find this rejuvenation deep in the forest or on a mountaintop somewhere. If you grow a garden, you can find it right in your backyard. The majority of people say that spending time in nature is important. A Harris Poll for the National Association of Landscape Professionals found that [75%](#)

of Americans feel it is important to spend time outside in their yards. By growing a garden, you can make your yard a more relaxing and enjoyable place to be. This will get you outside more, which will allow you to reap the benefits of spending time in nature as often as possible.

## Learn New Things

If you want to keep your mind sharp, you need to always be learning new things. Growing a garden after the age of 50 is a good way to keep learning and exploring the world around you. Not only can engagement keep you sharp, but learning new things can also improve your life on a practical level. For example, you'll need to learn how to take care of your plants. Food-bearing plants must contend with over [10,000 types](#) of plant-eating insects. If you spend time researching how to protect your plants, you'll be able to utilize that information and get a better harvest.

## Have Fun

Growing a garden is fun! You spend time in the sunshine, you get to work with your hands and mind, and you get delicious results! Even if you don't consider the documented benefits gardening provides for your physical and mental health, you can just have fun with it. Grow foods you like to eat and watch them slowly form. Or experiment with a new plant or gardening technique. If you grow a garden as a hobby, you don't need to stress over it. Instead, you can use it to add some fun and excitement to your daily routine.

Just because you're over the age of 50 does not mean you should stop trying new things. If you've never gardened before, this spring season is the perfect time to pick it up. You'll have fun as you grow beautiful flowers and delicious crops. Then you'll also reap the benefits of moving your body and engaging your mind, two things that are extremely important to keep doing as you get older. So, take a look at

your yard and consider how you could begin a garden in it this season!